

Junior Championship rules and points

All competitors run in the age group they are in on the 31st December 2017 and stay in that group for all of the races.

Categories are boys and girls in each group: Under 11, Under 13, Under 15, Under 17 and Under 19.

Points will be awarded to juniors for their best 7 of 13 races. 20 points are given to the first person to finish in their category in relation to other Helm Hill runners, 17 to second, 15 to third then 14, 13 and so on.

If a junior has to then compete in different age categories during the course of the year, points would be allocated to them based on the category they are contesting in the Helm Championship. This could result in more than one maximum points being allocated for that race.

Senior Championship rules and points 'Beat the clock'

To count in the senior championship for 2017 you will need to complete 6 out of the 12 championship races.

Scoring System

- 1st Male and 1st female in each race will receive 100 points
- All other athletes points will be calculated using the following formula; $\text{Points} = 100 \times (\text{fastest HHR time}) / (\text{Runner's time})$
- All age categories will use the time of the 1st HHR to formulate championship regardless of age

Age categories for both male and female championships;
Open, U23, V40, V50, V60 - The category you complete your 1st race in is the one you finish in!

Extremely generous prizes for at least 1st in each age category & 1st, 2nd, 3rd in the open category - special momento for all who complete 6 races.

HELM HILL RUNNERS CLUB CHAMPIONSHIPS



'A perfect way to start racing & improve your running'

Senior & Junior race booklet 2017

Updates on the club website & twitter feed

Courses
u18 ABCDFABDFEF
u16 ABCDFADF
u12 ABCDF
u10 ABDF
u8 ADF

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HELM HILL
JUNIOR RACE

Scale 1:7500 contours 10m

Farmland Cliff
Open fell Wall

HELM HILL
JUNIOR RACE

Scale 1:7500 contours 10m

200m

Farmland Cliff
Open fell Wall
Wood/scrub

JUNIOR CLUB CHAMPIONSHIP RACES 2017

Sun 8th Jan - Scout Scar KWL (also senior race)

Sun 12th Feb ? - Barbondale KWL
(date TBC - please look out for the KWL list)

Sun 25th March - Hoad Hill Ulverston

Sat 22nd Apr - Anniversary Wa! (also senior race)
(pre - entry required via www.anniversarywaltz.co.uk)

Wed 19th April - Todd Cragg Juniors
Rothay Park, Ambleside - (Probably a 6pm start)

Wed May? -Helm Hill Night Race
(A Wednesday evening TBC)

Sun 14th May - Great Whernside Uphill Only (senior race)
Also the FRA National Junior Uphill Championship, which Helm juniors have won 6 times out of 7. Lots of juniors needed to race so that we can regain our title. Please put in your diary.

Thurs 1st Jun - Killington Sports- (Evening race)

Sun 2nd July - Langdale Gala, Elterwater

Sun 27th Aug - Grasmere Sports (also senior race)
One of the most long standing traditional fell races in the country

Sat 9th Sep - Great Westmorland Trial race
Crosby Garrett, near Kirkby Stephen

Sun 8th Oct - Withins Junior Curly Wurlly Rat runs
Famous for the Brownlees, curly wurlies and lots of chocolate

Sun 19th Nov - Arnside Knott, Arnside

*Keep an eye on the Helm Hill website & twitter feed for updates to the above races, please ask your coaches if you have any questions. Please look up race times and details on the internet. Any pre-entries are the responsibility of the runners/runners parents.

SENIOR CLUB CHAMPIONSHIP RACES 2017

8th Jan - Scout Scar KWL (also junior race)
5 miles / 492 ft

25th Feb - Inov-8 High Cup Nick
9.3 miles / 1509 ft

11th March - Black Combe
8.1 miles / 3281 ft

22nd Apr - Anniversary Waltz (also junior race)
(pre - entry from end of Jan) 11.5 miles / 3609 ft

23rd Apr - Yarlside Downhill Race
? miles / -? ft

14th May - Great Whernside Uphill Only (also junior race)
2 miles / 1558 ft

Mid June - Gill Garth Gallop
6.1 miles / 1804 ft (Wednesday night race)

2nd Jul - Skiddaw Fell Race
9 miles / 2700 ft

5th Aug - Borrowdale
(pre - entry after May 31st) 16.8 miles / 6562 ft

27th Aug - Grasmere Sports (also junior race)
1.6 miles / 886 ft

16th Sep - Three Shires
(pre - entry 1st May - 9th Sep) 12.4 miles / 4003 ft

18th Nov - Kendal Mountain Festival Race
(pre - entry) 6.4 miles / 559 ft

*Runners responsibility to check start times, date changes & pre-entry information

