

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 2018 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 memento for all who complete 6 races.

HELM HILL RUNNERS CLUB CHAMPIONSHIPS



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

Senior & Junior race booklet 2018

Updates on the club website & twitter feed

Courses
u18 ABCDFABDFEF
u16 ABCDFADF
u12 ABCDF
u10 ABDF
u 8 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 2018

Sun 21 Jan - Giggleswick Kendal Winter League

Sun 18 Mar - Cautley Kendal Winter League

Sun 25 Mar - Todd Cragg, Ambleside

Sat 14 April - Blacko, near Colne (Lancashire)

Sat 19 May - Kirkby Fell at Malham

Thurs 31 May evening - Killington Sports

www.killingtonsports.org.uk

Sun 3 June - Coniston Gullies (organised by BOFRA), Coniston

Sat 16 June - Clougha Pike, near Lancaster

Sun 17 June - Helm Hill (organised by BOFRA), Kendal

Thurs 26 July - Ambleside Sports fell race

www.amblesidesports.co.uk

Sun 5 Aug - Farleton Knott (organised by BOFRA), near Kendal

Sat 8 Sep - Great Westmorland Trail race, Crosby Garrett near Kirkby Stephen www.howgillharriers.co.uk

Sun 18 Nov TBC - Arnside Knott, Arnside

*Information may be posted on the Helm Hill website and Facebook group page about start times etc. of races but please look up race times and details on the Internet yourself to help your planning, and at any time you can ask the club Junior Co-ordinator Lorna Askew or speak to your coach if you need any further info. Any pre-entries are the responsibility of the runner/runner's parent(s). Juniors need to complete a minimum of 7 races from the list above to count in the final championship points table - special memento for all who complete 7 races

SENIOR CLUB CHAMPIONSHIP RACES 2018

12th Jan 6.30pm - 7.00pm - Howgill uphill time trial (Helm Hill Runners only) - pre entry on HHR face book page

17th Feb - Bleasdale Circle (pre - entry)
5 miles / 1250 ft

4th March - Loopy Latrigg
Details TBC

31st March - Dungeon Ghyll
3.5 miles / 2100 ft

7th April - Coledale Horseshoe
8.5 miles / 3002 ft

3rd June - Coniston Gullies BOFRA
1 miles / 900 ft

10th June - Howtown
13.3 miles / 4593 ft

4th July - Reston Scar Scamper
3.7 miles / 988 ft

22nd July - Coniston County Fair
6 miles / 2402 ft

19th Aug - Sedbergh Hills
14 miles / 6004 ft

8th Sep - Great Westmorland Trail Race
(pre - entry cheaper) 8.1 miles / 1312 ft

10th Nov - Dunnerdale
5 miles / 1804 ft

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

