**Wakefield District Harriers & AC 2022 Distance Runners Club Championship Rules**

For the 2022 Distance Runners Club Championship there will be at least 16 chosen events, with the best 6 races to count, which must include a minimum of 1 multi-terrain or cross country race. Runners who complete more than 6 races will forfeit their lowest scores.

New for this year each runner will also receive 50 points for each event they complete. This is not limited to 6 events, so the more you complete the more points you receive! I.e a runner completing the minimum 6 events will receive an added 300points whereas an athlete finishing 16 races will gain an extra 800 points.

Also new for this year is the addition of a ‘Joker’ event. A runner can play their joker at any race of their choice, by notifying Ben Butler, Helen Beck or Chris Ward in advance of the event. This race should not be part of the distance league and can be of any length above 5km. An athlete only gets one joker and once they have declared this they cannot change to another event.

There will only be one mixed Championship table, with prizes awarded to the top 5 scorers irrespective of gender, once the series has been completed.  
Runners must enter the races as a Wakefield Harrier, and must be registered with England Athletics as a member of Wakefield District Harriers & AC.  
Points will be awarded as per World Masters Association WMA06 tables (% x 10) as per the website [www.goodrunguide.co.uk](about:blank) , with multi-terrain/cross country amended to take account of terrain and conditions underfoot, as described later. The points are scored according to an age and gender graded table, which will tell us, for example, whether a 37 mins 30 secs 10K time for a 48 year old male is better than 40 mins 30 secs for a 30 year old female.  
Proposed races are subject to change, and may be substituted with other races if they clash with more important events, such as the championships and relays that Wakefield District Harriers & A.C. participate in.  
  
SCORING MULTI TERRAIN/CROSS COUNTRY RACES  
In order to take account of wide differences in terrain and conditions underfoot the following scoring method will apply. Take the time of the runner 10% down the field and get WMA points for a senior male for this time. If these points are “x” then the multiplier for all other race points is 693/”x”. (24 recent flattish local road races of varying distances from 5k to 1/2 marathon averaged 693 WMA points for the time of the runner 10% down the field, measured as a senior male.) Very occasionally, if rogue results occur, the points multiplier might be tweaked a little to give results more in line with norm for consistent runners.  
  
An ‘Average Score Award’ (ASA) will be awarded to any Wakefield Harriers who choose to marshal at races organised by Wakefield District Harriers & AC, and who are not injured at the time of the race. In the instance where this is part of the West Yorkshire Cross Country League, then those who elect to marshal must have pre-entered prior to the first race in the series, as it is not possible to enter individual races within the League. They will be awarded points calculated as an average of the total number of races they have participated in at the end of the year, so that they are not penalised.  
  
The championship results table will be added to this page after each race. For any queries about results, or suggestions for future events for the championship please contact Ben Butler ([ben.butler@wakefieldharriers.org.uk](about:blank)), Helen Beck ([helen.beck@wakefieldharriers.org.uk](about:blank)) or Chris Ward ([chris.ward@wakefieldharriers.org.uk](about:blank)).