**MERCIA CLUB CHAMPIONSHIP 2023**

**The Rules**

**Qualifying criteria:**

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| U18 | Best 4 short races |
| U23, Open, V40 and V50 | 5 best races to count which must include at least one from each distance and one away race. |
| V60 | Best 5 races, at least one short, one medium and one away (no requirement for a long race to be included). |
| V70 | Best 3 races any distance home or away. |

**Scoring system:**

In any qualifying race, the finishing times of the top 5 runners (regardless of gender, age or club allegiance) will be added together and divided by 5 to produce an average time. All Mercia FR members will have their own finishing times measured against this average in terms of a percentage equivalent. The percentage figure will be the recorded score for that particular race.

All these scores will be tabulated and added to scores from previous races. Scores for each Mercia FR members in eligible races will be entered into a spreadsheet table and calculated to produce a current total and ranking within the championship. Following the final race of the championship, the 5 best scores for any individual, assuming they have met the qualifying criteria, will be added up to produce a final total and so determine final rankings and category winners.

Ultimately, the participant in any age category with the highest score throughout the championship series will be the champion in that category, subject to the removal of discard scores.

In the event of a tie in any age category, places in the final table will be decided on a head2head basis, i.e. who has been the higher finisher on most occasions when the 2 (or more) tied runners have competed in the same races.

**Volunteering:**

All races, whether home or away, require volunteer help to ensure they take place. If you want to help out with any of the races organised by Mercia FR, whether it be by marshalling or by assisting with race preparation/organisation, please get in touch with the ROs for the respective events. I recommend that all Mercia members should try to volunteer at least one race during the year