

Stourbridge Running Club Anniversary Challenge League 2019

No.	Date	Race & Distance	Terrain	Notes
1	Saturday 9 th February 2019	Ladies Midland Cross Country League Men Birmingham District & Invitation Cross Country League 10km	Multi Terrain	Speak to your team captains Grace Allen and James Bellamy for more info if you wish to be considered. All abilities welcome. Must be EA affiliated
2	Sunday 3 rd March 2019	Action Heart 5km	Road	http://www.actionheartrunning.com/
3	Saturday 24 th March 2019	Dudley Parkrun	Multi Terrain	http://www.parkrun.org.uk/dudley/
4	Sunday 7 th April 2019	Scenic 6 10km	Multi Terrain	https://www.strichards.org.uk/event/scenic-six/
5	Sunday 28 th April 2019	Resolution Run Hagley - 5k/10k/15k	Multi Terrain	https://your.resolutionrun.org.uk/?eventid=5030441
6	Wednesday TBC May 2019	Hagley 10km Midweek Series - Race 1 £5 per race or £16 for all 4 races (member affiliated)	Multi Terrain	40 Bonus points if all 4 midweek races completed
7	Wednesday TBC June 2019	Redditch 12km Midweek Series - Race 2 £5 per race or £16 for all 4 races (member affiliated)	Multi Terrain	40 Bonus points if all 4 midweek races completed
8	June ??	SRC Weekend away		
9	Friday 21st June 2019	Blakedown Bolt 10km	Multi Terrain	http://www.blakedownbolt.co.uk/
10	Wednesday TBC July 2019	Droitwich 10km Midweek Series - Race 3 £5 per race or £16 for all 4 races (member affiliated)	Road	40 Bonus points if all 4 midweek races completed
11	Wednesday TBC August 2019	Clent 8km Midweek Series - Race 4 £5 per race or £16 for all 4 races (member affiliated)	Multi Terrain	40 Bonus points if all 4 midweek races completed
12	Any Half marathon in September			
13	Sunday TBC October 2019	Birmingham Half Marathon	Road	https://www.greatrun.org/great-birmingham-run
14	Saturday 19 th October 2019	Cross Country Relays	Multi Terrain	Speak to your team captains Grace Allen and James Bellamy for more info if you wish to be considered. All abilities welcome. Must be EA affiliated
15	Saturday 2 nd November 2019	Dudley Parkrun	Road	http://www.parkrun.org.uk/dudley/
16	Saturday 9 th November 2019	Ladies Midland Cross Country League Men Birmingham District & Invitation Cross Country League 10km	Multi Terrain	Speak to your team captains Grace Allen and James Bellamy for more info if you wish to be considered. All abilities welcome. Must be EA affiliated
17	Saturday 16 th November 2019	Men & Ladies 7&5miler Cross Country Championships	Multi Terrain	Speak to your team captains Grace Allen and James Bellamy for more info if you wish to be considered. All abilities welcome. Must be EA affiliated
18	TBC - December 2019	Ladies Midland Ladies Cross Country League 5 miles Men Birmingham District & Invitation Cross Country League 10km	Multi Terrain	Speak to your team captains Grace Allen and James Bellamy for more info if you wish to be considered. All abilities welcome. Must be EA affiliated
19	TBC - December 2019	Turkey Trot 5miles	Road	

Rules/Notes:

- Your best 6 races will count towards the league.
- Points will be based on the WMA (also known as WAVA) age grading system described and calculated here: <http://www.howardgrubb.co.uk/athletics/wmaroad15.html>
- Points will be awarded for each race as follows: 50 points for the highest WMA score achieved, 49 for second, 48 for third etc. Males and females are **no longer** scored separately as the WMA score takes this into account.
- The race distances given on this sheet will be deemed to be accurate for purposes of calculating the WMA scores except where the race has been **significantly** shortened or lengthened. The distance used in the calculations is at the discretion of the league manager, Pete Walters.
- Prizes will be awarded to the top 3 in the final standings. Additional prizes may be awarded at the discretion of the club committee depending on the number of entrants in the league. At least **3** races must be completed in order to be eligible for a prize.
- In the event of a tie for positions in the final standings, a 'count back' system will be used whereby we consider the runner with the most 50 point finishes then (if that is a tie) the most 49 point finishes etc.
- Race entry information will be published as early as possible on the club website, www.srclub.co.uk. If you don't see it give Pete a prod at walterspete@gmail.com
- This league is managed by Pete Walters, please address any queries to him at walterspete@gmail.com
- Regular league updates will be posted on the club website at www.srclub.co.uk.