

Stourbridge Running Club Anniversary Challenge League 2020

| No. | Date | Race & Distance | Terrain | Notes |
|-----|--|---|--------------------|---|
| 1 | Saturday 8 th February 2020 | Ladies Midland Cross Country League Men Birmingham District & Invitation Cross Country League 10km | Multi Terrain | Speak to your team captains for more info if you wish to be considered. All abilities welcome. Must be EA affiliated |
| 2 | Sunday 1st March 2020 | Action Heart 5km | Road | http://www.actionheartrunning.com/ |
| 3 | Any Half marathon in March | ANY Half marathon | Road/Multi Terrain | |
| 4 | Saturday 4th April 2020 | Dudley Park run | Multi Terrain | http://www.parkrun.org.uk |
| 5 | Wednesday 6 th May 2020 | Dudley Kingswinford 10km | Road | www.dkrunningclub.co.uk |
| 6 | Wednesday TBC May 2020 | 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 | Sunday 31 st May 2020 | Bulmers Bash 10km | Multi Terrain | www.worcester-ac.co.uk/ |
| 8 | Wednesday TBC June 2020 | 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 | Saturday 14 th & 15 th June 2020 | SRC Weekend away | | http://www.relishrunningraces.com/cheddar-gorge-challenge.php |
| 9 | Friday 19 th June 2020 | Blakedown Bolt 10km | Multi Terrain | http://www.blakedownbolt.co.uk/ |
| 10 | Wednesday TBC July 2020 | 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 2020 | 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 11 th October 2020 | Birmingham Half Marathon | Road | https://www.greatrun.org/great-birmingham-run |
| 14 | Saturday 17 th October 2020 | Cross Country Relays | Multi Terrain | Speak to your team captains for more info if you wish to be considered. All abilities welcome. Must be EA affiliated |
| 15 | Saturday 31 st October 2020 | Dudley Parkrun | Road/Multi Terrain | http://www.parkrun.org.uk |
| 16 | Saturday TBC November 2020 | Ladies Midland Cross Country League Men Birmingham District & Invitation Cross Country League 10km | Multi Terrain | Speak to your team captains for more info if you wish to be considered. All abilities welcome. Must be EA affiliated |
| 17 | Saturday TBC November 2020 | Men & Ladies 7&5miler Cross Country Championships | Multi Terrain | Speak to your team captains for more info if you wish to be considered. All abilities welcome. Must be EA affiliated |
| 18 | Saturday TBC December 2020 | Ladies Midland Ladies Cross Country League 5 miles Men Birmingham District & Invitation Cross Country League 10km | Multi Terrain | Speak to your team captains for more info if you wish to be considered. All abilities welcome. Must be EA affiliated |
| 19 | Sunday 13th December 2020 | Sneyd Striders Christmas Pudding Run - Sneyd Striders Christmas Pudding Run – 5/10 Mile Race | Road | www.sneydstriders.org.uk |

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.