



Harpenden Arrows Running Club League 2017

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Overview

The Club League is provided to give members a fun and interesting way of participating together and competing with each other in a friendly way.

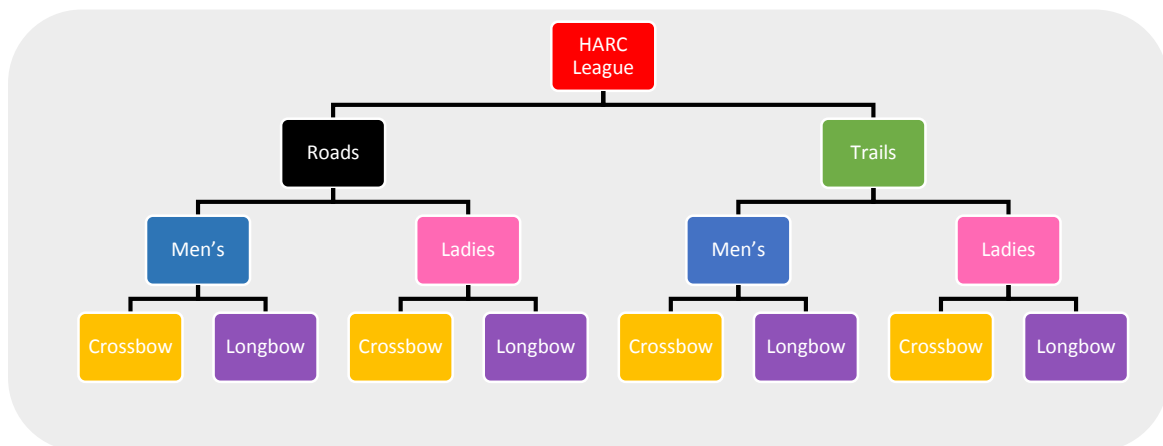
Results will be published throughout the race calendar to celebrate performance. Each year at the Club Annual General Meeting, the Committee will recognise achievements in this league with awards that members can keep.

Members are encouraged to participate in League events for fun and to achieve their own running goals, but also to encourage and support their fellow Arrows.

Structure

The League is divided into two tables based on event type: **Roads** or **Trail**; within this, the league is further arranged by gender and finally by division.

There are two divisions: **Crossbows** and **Longbows**.



Eligibility

All paid-up members of the Club are eligible to participate in the League. You are urged to pay your annual membership fee promptly in January, as any events you participate in before payment is received will not be included retrospectively.

Members who wish to opt out of the League may do so by email to the League Director at Membership@harpendenarrows.co.uk requesting removal.

Scoring

All events, except where stated, are allocated points based on your **Best** time for that given distance or race type. Points are allocated from 50 descending for each gender, each division and Road/Trail (eg 50 points for fastest Crossbow man over a Road 10k, 49 for next etc).

Some events will have fixed number of points for completing a given distance, number of laps, acting as a marshal or where the Captains seek to promote a particular event.



Marathons and ultras

One marathon will score 70 points.

One Ultra (trail event over 26.2 miles) will score 70 points. Both Marathon and Ultra points need to be claimed using the [Fetcheveryone Claims process below](#).

parkrun

Your best parkrun will score 50 points descending for each gender and division, minimum of 5 points.

DRR Dunstable Challenge

20-mile challenge 20 points

Marathon challenge 26 points

Note the 13-mile challenge is in the Trail half marathon group.

St Albans Striders Stampede

4 points per lap completed, maximum of 48 points.

Marshals

Members who volunteer to marshal at:

- Club 5K
- Oval Run
- Herts 10K

will be shown in a separate table, and points allocated at the Captains' discretion.

The full list of events in 2017 is shown at the end of this document.

Crossbow or Longbow allocation

Since 2014, all Club League results have also included a WAVA score calculated from [Fetcheveryone.com](#). WAVA (World Association of Veteran Athletes) is a way of measuring running performance taking age and gender into consideration allowing a direct comparison between a 25-year old and a 55-year old running the same distance.

All members who could submit a claim for Club Standard of Silver (65% WAVA) or above will automatically be included in the **Longbows**.

Members who claim Club Standard and Bronze will be included in the **Crossbows**.

Members who do not make a claim for Club Standards but who, in the opinion of the Club Captains, perform at 65% WAVA and above, will be included in the **Longbows**. All other members will be allocated to the **Crossbows**.

The allocation to Crossbows and Longbows will be made annually after the Club Standards are published. You will remain in this division for the year and will be in the same division for both Road and Trail events.

Members of the Longbow division who have not claimed Silver standard or above (or have in the past been included by a Captains decision) for three consecutive years, and whose performance has dropped below Silver standard, will be allocated to the Crossbow table.

New members joining through the year

As new members join the Club, the League Director, under delegated powers from the Captains, will allocate the new member to an appropriate division.

Race entries

You may only enter an event under your own name. Race transfers must be made by official race organiser's arrangements. Please make sure that you enter as a member of Harpenden Arrows and that your entry is recorded that way by the race organisers. This greatly simplifies the process of collecting results for the league. Members who do not enter as a member of Harpenden Arrows will not have that event included automatically and will have to place a request to the League Director.

Appeals process

Considerable effort has been made to ensure that members have been fairly allocated to the right table looking at your performance since January 2015. If you feel that you have been allocated to the wrong division, please discuss this with the Captains, whose decision shall be final. The Captains will also have the final say on any other appeals.

Fetcheveryone claims

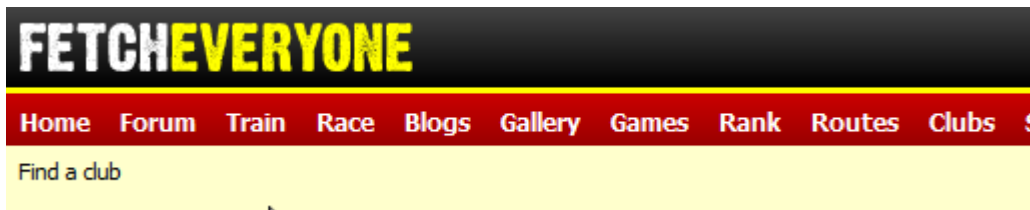
To have your Marathon and Ultra results and points allocated to the league, members must follow this procedure:-

Enter your event and results in your Race portfolio on Fetcheveryone.com. Email the League Director at Membership@harpendenarrows.co.uk giving notification of your event, your name and fetch username.

Claiming for the 1st time and you do not have a Fetcheveryone.com account?

Follow these steps:-

1. Create an account at Fetcheveryone.com
2. Associate your account with Harpenden Arrows Running Club by using **Clubs** from the menu bar.



3. Enter your event and results in your Race portfolio.
4. Send notification of your Fetcheveryone.com user name and results to the League Director at Membership@harpendenarrows.co.uk

Parkrun registration

Your best time from any **parkrun globally** will be included in the results. Members need to make sure they have registered their parkrun ID with **Harpenden Arrows Running Club**, this is done on your parkrun Profile update page (you created your ID when you first registered with parkrun to get your bar code and your ID is printed on your bar code).

<https://www.parkrun.com/profile/>

update

[← Back to your parkrun profile](#)

Update your details and subscribe or unsubscribe from the newsletter

Many thanks for letting us know about the changes to your registration details.
Change the details below as you need,
then press the button at the bottom when done.
If you have any problems with this page, please get in touch via [this contact form](#)

First Name

Last Name

Gender Female Male

Date of Birth

Running Club (Optional)

Email

Home Run

Postcode

Once you have registered with the club on parkrun, email the League Director at Membership@harpendenarrows.co.uk giving notification of your name and parkrun id.

You **MUST** complete at least 1 St Albans parkrun before any other UK or international parkruns so that our system can pick up your results.



2017 Events

Race Name	Type	Distance	Month	Travel Distance (miles – for info)	Fetch Uri
Parkrun (scored out of 50, min 5 points)					
Any parkrun globally, after you have run St Albans parkrun once	Road	5km		4	-
Club 5k (scored out of 50)					
Any Club 5K handicap race	Road	5km		0	-
5k (scored out of 50)					
Marston Forest 5K	Road	5km	16 Jun	18.34	http://www.fetcheveryone.com/viewracedetails.php?id=1089524
Luton AC summer road series #2	Road	5km	Jun	4.8	http://www.fetcheveryone.com/viewracedetails.php?id=858202
Hatfield 5k Race #1	Road	5km	Sept	6.1	http://www.fetcheveryone.com/viewracedetails.php?id=1065621
Hatfield 5k Race #2	Road	5km	Oct	6.1	http://www.fetcheveryone.com/viewracedetails.php?id=1065622
Hatfield 5k Race #3	Road	5km	Oct	6.1	http://www.fetcheveryone.com/viewracedetails.php?id=1089441
5 miles (scored out of 50)					
RunHerts XC Sunday League Race #4	Trail	5miles	15 Jan		http://runherts.com/xc.htm
RunHerts XC Sunday League Race #5	Trail	5miles	12 Feb		http://runherts.com/xc.htm
Luton AC summer road series – #1	Road	5miles	June	4.8	http://www.fetcheveryone.com/viewracedetails.php?id=858201
The Oval Run	Road	5miles	June	0	http://theovalrun2017.eventsbot.com/
Stopsley 5	Trail	5miles	Oct	5	http://www.activetrainingworld.co.uk/events/2016/10/16/stopsley_10
RunHerts XC Sunday League Race #1	Trail	5miles	Oct	tbc	http://runherts.com/xc.htm
RunHerts XC Sunday League Race #2	Trail	5miles	Nov	tbc	http://runherts.com/xc.htm
Hatfield 5 (Active Training World)	Road	5miles	Nov	6.7	http://www.fetcheveryone.com/viewracedetails.php?id=1101386
RunHerts XC Sunday League Race #3	Trail	5miles	Dec	tbc	http://runherts.com/xc.htm
WGC Festive 5	Road	5miles	Dec	6.25	http://www.fetcheveryone.com/viewracedetails.php?id=563570
10k (scored out of 50)					
Love Welwyn Garden City 10k	Road	10km	12 Feb	6.3	http://www.fetcheveryone.com/viewracedetails.php?id=751882
Leighton 10k	Road	10km	Mar	14.9	http://www.fetcheveryone.com/viewracedetails.php?id=720890



Race Name	Type	Distance	Month	Travel Distance (miles – for info)	Fetch Uri
Wheathampsted 10K	Trail	10km	May	2.66	http://www.fetcheveryone.com/viewracedetails.php?id=660067
Flitwick 10k	Road	10km	9 Apr	14	http://www.fetcheveryone.com/viewracedetails.php?id=793698
Run Bedford 10k	Road	10km	18 Jun	21.9	http://www.fetcheveryone.com/viewracedetails.php?id=783079
Welwyn 10k	Road	10km	Jun	6.1	http://www.fetcheveryone.com/viewracedetails.php?id=836591
Spire Bushey 10k	Road	10km	2 Jul	11.3	http://www.fetcheveryone.com/viewracedetails.php?id=670238
Luton AC summer road series #3	Road	10km	Jul	4.8	http://www.fetcheveryone.com/viewracedetails.php?id=858207
Bearbrook 10k	Road	10km	6 Aug	18	http://www.fetcheveryone.com/viewracedetails.php?id=914927
Willow 10K	Trail	10km	1 Oct	5	https://www.willowfoundation.org.uk/willow10k
Herts 10K	Trail	10km	Oct	0	http://www.fetcheveryone.com/viewracedetails.php?id=1101307
Standalone 10k	Road	10km	Oct	12.4	http://www.fetcheveryone.com/viewracedetails.php?id=869713
Watford Autumn 10K	Trail	10km	Nov	11.63	http://www.fetcheveryone.com/viewracedetails.php?id=1113295
10 miles (scored out of 50)					
Fred Hughes 10	Road	10miles	22 Jan	6.2	http://www.fetcheveryone.com/viewracedetails.php?id=650225
Sandy 10	Road	10miles	26 Mar	22	http://www.fetcheveryone.com/viewracedetails.php?id=700323
Ware 10	Road	10miles	Jul	13.9	http://www.fetcheveryone.com/viewracedetails.php?id=858429
Leighton 10	Road	10miles	Sep	14.4	http://www.fetcheveryone.com/viewracedetails.php?id=937984
Ricky Road Run	Road	10miles	Oct	14	http://www.fetcheveryone.com/viewracedetails.php?id=937994
Buntingford 10	Road	10miles	Dec	16.7	http://www.fetcheveryone.com/viewracedetails.php?id=1089385
Half marathon (scored out of 50)					
Berkhamsted Half Marathon	Road	13.1miles	5 Mar	10.1	http://www.fetcheveryone.com/viewracedetails.php?id=650227
Milton Keynes Festival of Running (Half)	Road	13.1miles	5 Mar	22.8	http://www.fetcheveryone.com/viewracedetails.php?id=563484
Milton Keynes Half Marathon	Road	13.1miles	1 May	23	http://www.fetcheveryone.com/viewracedetails.php?id=630438
Greenway challenge	Trail	13.1miles	May	12.39	http://www.fetcheveryone.com/viewracedetails.php?id=720814
St Albans Half Marathon	Road	13.1miles	11 Jun	5.2	http://www.fetcheveryone.com/viewracedetails.php?id=650273
Burnham Beeches Half Marathon	Road	13.1miles	13 Aug	22.1	http://www.fetcheveryone.com/viewracedetails.php?id=1042132
Leila's run (Half)	Trail	13.1miles	20 Aug	6.1	http://www.leilasrun.com/index.html
Maidenhead Half Marathon	Road	13.1miles	3 Sep	26	http://www.fetcheveryone.com/viewracedetails.php?id=601160



Race Name	Type	Distance	Month	Travel Distance (miles – for info)	Fetch Uri
Dunstable Downs Challenge (Half)	Trail	13.1miles	Sep	9.28	http://www.fetcheveryone.com/viewracedetails.php?id=880910
NSPCC Milton Keynes Half Marathon	Road	13.1miles	24 Sep	24.1	http://www.fetcheveryone.com/viewracedetails.php?id=1042059
Love Luton Half Marathon	Road	13.1miles	29 Oct	4.8	http://www.fetcheveryone.com/viewracedetails.php?id=650226
Stevenage Half marathon	Road	13.1miles	Nov	8.8	http://www.fetcheveryone.com/viewracedetails.php?id=881629
Dirt Half Challenge	Trail	13.1 miles	18 Nov	13.8	http://www.fetcheveryone.com/viewracedetails.php?id=620690
St Neots Riverside Half Marathon	Road	13.1miles	Nov	27.6	http://www.fetcheveryone.com/viewracedetails.php?id=751935
Mixed distances					
Leila's run (trail marathon counted as an Ultra -see below)	Trail	26.2miles	20 Aug	6.1	http://www.leilasrun.com/index.html
Dunstable Downs Challenge (20 miles = 20 points)	Trail	20miles	Sep	9.28	http://www.fetcheveryone.com/viewracedetails.php?id=858195
Dunstable Downs Challenge (Full = 26 points)	Trail	26.2miles	Sep	9.28	http://www.fetcheveryone.com/viewracedetails.php?id=880909
Any Marathon (one only - 70 points)	Road	26.2miles		0	-
Any Ultra (one only – 70 points)	Trail	>26.2miles		0	-
St Albans Striders Stampede (4 points per lap, max 48 points)	Trail	Any	2 Sep	4.83	http://www.fetcheveryone.com/viewracedetails.php?id=1137493