

Harpenden Arrows Running Club League 2020

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Overview

The **Club League** is aimed at encouraging members to try out a range of events in the spirit of friendly competition. We all have our individual running goals, but we hope the League will also encourage you to support fellow Arrows and have some fun.

In addition, we have a **Volunteering League** which recognises the vital contribution of those that give up their run to enable events to go ahead. We strongly encourage members to 'give something back' by volunteering.

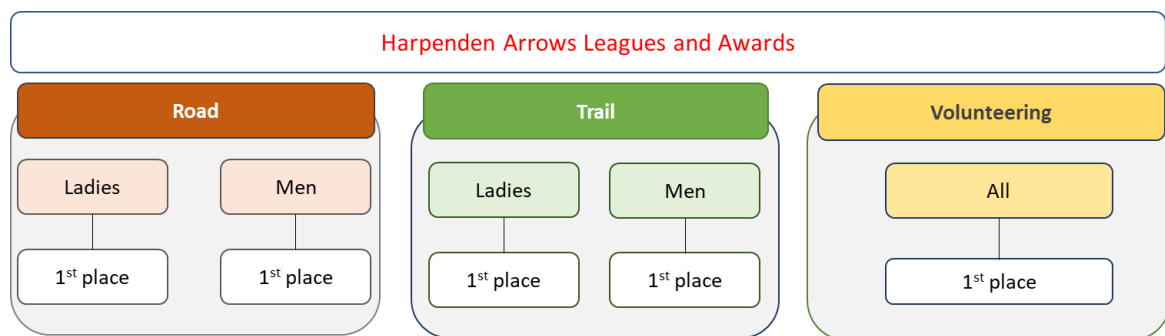
Unlike Club Standards, where most public races with published results are admissible and the results are based on WAVA ratings, the Club League is based **ONLY** on the events specified here (although there is flexibility with marathons and ultras) and is purely based on race times achieved in each event group. It should be noted that in previous years, even runners who are slower have achieved very high positions in the league by participation in a beneficial selection of events.

We have generally tried to select local events where there is no barrier to entry. At the Committee's discretion, the final list of races may need to be altered in the event of race cancellation or other unforeseen circumstances.

The main change in 2020 is that parkrun will no longer be included in the Road or Volunteering Leagues. This is because parkrun has its own reward structure for volunteering and we no longer need to promote attendance/profile. It is also extremely time-consuming to collate the data.

Structure and Awards

The League is divided into **Roads**, **Trail** and **Volunteering**. We will try and publish results monthly. The winners will be presented with an award at the Annual AGM and Awards evening. The structure and awards are:



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 March as, from the end of March, any events you participate in between the end of March and the date the payment is received will not be included retrospectively. Events for new joiners will be included from the date they join.

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

Scoring for running events

All events, except where stated below, are allocated points based on your **best** time for that given distance or event type in the year. Points are allocated from 50 descending for each gender, each event category and Road/Trail (e.g. 50 points for fastest man over a Road 10k, 49 for next etc, and 50 for the fastest lady etc. There is a minimum of 1 point).

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

Marathons and Ultras

- **Road:** one marathon or longer road event will score 50 points.
- **Trail:** one ultra (trail event of 30 miles or longer) will score 50 points.

No additional points for running multiple marathons or ultra events.

NOTE: You have to claim your marathon and ultra points by notifying the League Manager and sending a link to the official results. See below for additional rules regarding this category.

DRR Dunstable Challenge

- **Trail:** 20-mile challenge = 20 points
Marathon challenge = 26 points
Hilly Billy (50k) = 31 points

NOTE: the 13-mile challenge is in the Trail 'half marathon' group.

If you complete the Hilly Billy, you have the option to use it as your Ultra event, but it will not score in the Dunstable Challenge category as well.

Leila's Run

- **Trail:** 3 laps = 20 points
4 laps = 26 points

NOTE: 2-laps is in the Trail 'half marathon' group.

St Albans Striders Stampede

- **Trail:** 6 points per lap completed, maximum of 48 points.

If you are a solo entrant and you complete more than 8 laps, you have the option to use this to claim an Ultra. If you do, then you will not receive points under Stampede, but will have 50 Ultra points.

NOTE: It can be difficult to find individuals in the team results, so please inform the League Manager of your team name as soon as possible after the event.

The full list of events in 2020 is shown at the end of this document.

Scoring for the Volunteering League

As a general rule, you will get one set of points for each event where you volunteer. However, we wish to recognise the help that members give in event set-up (e.g. marking out the course) as well as marshalling, so will award additional points as appropriate at the Captains' discretion.

Rules and appeals

Race entries and transfers

You must enter an event under your own name. Races run under other people's names will be excluded. Race transfers must be made by official race organiser's arrangements; illegal transfers may result in both runners being disqualified from the League.

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 may not have that event included automatically and will have to notify the League Manager.

Appeals

The Committee will have the final say on any appeals, but you should register your appeal initially via email to the League Manager at League@harpendenarrows.co.uk

Eligible Marathons and Ultras

Although ANY marathon or ultra can be submitted, these must be physical events with specific start and finish locations, officially timed, with published results. "Virtual" events where you can run a given distance and then submit your claim to the organisers via Strava etc are not acceptable.

Marathons must be the full 26.2 miles (not Kilo-Marathons) and the points will contribute to your **Road** league score regardless of the terrain. (In order not to overwhelm what is foremost a walking event, we do not admit the Herts Hobble as a qualifying event for the League).

Ultras must be at least 30 miles and will contribute to your **Trail** league score.

For the avoidance of doubt, if you are part of a team, multiple laps at endurance events like Thunder Run are not admissible as marathons or ultras. If you are a solo, however, and the event records your distance/laps, then it will be admissible if you have completed the required distance.

2020 Events

Event Name	Type	Distance	Date
Road events			
Club 5k (scored out of 50)			
Any Harpenden Arrows Club 5K handicap race	Road	5km	
5k (scored out of 50)			
Marston Forest 5K	Road	5km	12 Jun
Luton AC summer road series #2	Road	5km	<i>July</i>
Hatfield 5k Race #1	Road	5km	<i>Sept</i>
Hatfield 5k Race #2	Road	5km	<i>Sept</i>
Hatfield 5k Race #3	Road	5km	<i>Oct</i>
5 miles (scored out of 50)			
Berkhamsted 5 miles (NEW)	Road	5 miles	1 Mar
The Oval Run	Road	5 miles	22 June
Luton AC summer road series – #1	Road	5 miles	<i>June</i>
Hatfield 5 (Active Training World)	Road	5 miles	<i>Nov</i>
WGC Festive 5	Road	5 miles	<i>Dec</i>

Event Name	Type	Distance	Date
10k (scored out of 50)			
Love Welwyn Garden City 10k	Road	10km	9 Feb
Flitwick 10k	Road	10km	19 Apr
St Albans 10k	Road	10km	10 Apr
MWRRL #1	Road	10km	<i>May to July</i>
MWRRL #2	Road	10km	
MWRRL #3	Road	10km	
MWRRL #4	Road	10km	
MWRRL #5	Road	10km	
Run Bedford 10k	Road	10km	21 Jun
Summer Solstice 10k St Albans	Road	10km	19 Jun
Welwyn 10k	Road	10km	<i>Jun</i>
Luton AC summer road series #3	Road	10km	<i>July</i>
St Albans 10k	Road	10km	2 Aug
Standalone 10k	Road	10km	<i>Oct</i>
Love Luton 10k	Road	10km	25 Oct
10 miles (scored out of 50)			
Fred Hughes 10	Road	10 miles	19 Jan
Sandy 10	Road	10 miles	5 Apr
Ware 10	Road	10 miles	5 July
Leighton 10 (LBAC)	Road	10 miles	<i>Sep</i>
Buntingford 10	Road	10 miles	<i>Dec</i>
Half marathon (scored out of 50)			
Watford Half Marathon	Road	13.1 miles	2 Feb
Berkhamsted Half Marathon	Road	13.1 miles	1 Mar
MK Festival of Running (Half marathon)	Road	13.1 miles	15 Mar
MK Marathon Weekend Half Marathon	Road	13.1 miles	3 May
St Albans Half Marathon	Road	13.1 miles	14 June
Burnham Beeches Half Marathon	Road	13.1 miles	9 Aug
Bedford Half Marathon Weekend	Road	13.1 miles	6 Sep?
The MK Autumn Run (NSPCC)	Road	13.1 miles	26 Sept
Love Luton Half Marathon	Road	13.1 miles	<i>Oct</i>
Stevenage Half	Road	13.1 miles	<i>Nov</i>
St Neots Riverside Half Marathon	Road	13.1 miles	<i>Nov</i>
Mixed distances (fixed points)			
Any eligible Marathon (one only = 50 points)	Road	26.2 miles	

Event Name	Type	Distance	Date
Trail events			
5 miles (scored out of 50)			
RunHerts XC 2019/20 Race #4 Watford	Trail	5 miles	12 Jan
RunHerts XC 2019/20 Race #5 Royston	Trail	5 miles	9 Feb
Stopsley 5	Trail	5 miles	9 Aug
RunHerts XC 2020/21 Race #1	Trail	5 miles	<i>Oct</i>
RunHerts XC 2020/21 Race #2	Trail	5 miles	<i>Nov/Dec</i>
RunHerts XC 2020/21 Race #3	Trail	5 miles	<i>Dec</i>
10k (scored out of 50)			
Wheathampsted 10K	Trail	10km	17 May
Willow 10K	Trail	10km	4 Oct
Herts 10K	Trail	10km	<i>Oct</i>
Amphill Trophy 10k	Trail	10km	19 Oct
Watford Autumn 10K	Trail	10km	<i>Nov</i>
Half marathon (scored out of 50)			
Wendover Woods Half	Trail	13.1 miles	1 Mar
Greenway Challenge	Trail	13.1 miles	3 May
Ashridge Trail Half (was cancelled in 2019)	Trail	13.1 miles	<i>July</i>
Leila's run (Half = 2 laps)	Trail	13.1 miles	<i>Aug</i>
Dunstable Downs Challenge (Half)	Trail	13.1 miles	6 Sept
Willow Half Marathon (NEW)	Trail	13.1 miles	4 Oct
Dirt Half Challenge	Trail	13.1 miles	<i>Nov</i>
Mixed distances (fixed points)			
Dunstable Downs Challenge: 20 miles = 20 points Full = 26 points Hilly Billy 50k = 31 points	Trail	20 miles or 26.2 miles or 50k	6 Sept
Leila's run: 3 laps = 20 points 4 laps = 26 points	Trail	20 miles or 26.2 miles	<i>Aug</i>
Any eligible Ultra (one only = 50 points)	Trail	>=30 miles	
St Albans Striders Stampede (6 points per lap, max 48 points)	Trail	Any	5 Sept

Event Name	Points	Date
Volunteering events		
Any Arrows Club 5k	15 points	
Mid-Week Road Race League	35 points	<i>Mid May /June</i>
Oval Run	30 points	<i>June</i>
Arrows Invitational event	35 points	<i>June</i>
Herts 10k	30 points	<i>Oct</i>
Various XC events	30 points	