

Meltham AC 2023

| Race | Type | Date/ Cost |
|--------------------------------|------------|-----------------|
| Bingley bollocks half | Road/trail | 19 Feb £20 |
| Windmill 6 | Road | 19 March £16 |
| Honley vets | Trail | May £5 |
| Calderdale relay Team event | Trail | May |
| Marsden 10 | Trail | 11 June £? |
| Holme Valley 5 miler | Trail | 24 June £16 |
| Joe Percy Team event | Road | June? |
| Toss o coin | Road | July £16 |
| Helen Windsor | Road | July? |
| Denby Dash | Trail | 29 Aug £8 |
| Shepley 10k | Road | 11 Sept £16 |
| Heights 10k | Trail | 2 Sept £20 |
| Hubble Bubble half | Trail | 28 Oct £? |
| Ambles Revenge | Trail | 28 Dec £14 |
| | | |

5 bonus points for marshalling/volunteering at Cop Hill and/or Meltham club 10k (max 10 bonus points)

5 bonus points for participating in Calderdale relay and/or Joe Percy (max 10 bonus points)

5 bonus points for attending 15 or more club runs on Tues or Thurs (max 5 bonus points)

Each runner must complete minimum of 7 championship races with the best scoring 7 being counted at the end of the season

Max points:

$7 \times 20 = 140$ plus

25 bonus

Rationale:

Encourage participation in races:

- Cheaper races included
- Local races included to reduce travel cost and time
- Choice of distances
- Choice of trail/road
- Spread through the year
- Encourage participation in team events
- Encourage participation in volunteering/marshalling for club organised races
- Encourage participation in evening club runs
- Park run to be separate as has its own trophy
- Handicap to be separate as has its own trophy