

Competition is open to paid-up 1st claim members of Bude RATs (Run and Tri)

Must wear a Club vest

Must enter as a member of Bude RATs (Run and Tri)

Results will be based on Gun to Chip times

Total points will be the aggregate of best 8 races

10 Points awarded for Volunteering at BPR and BLR

Age Category fixed as at the Start of Club Champs period

Age Gradings Handicap based on UKA National road running records - example opposite

Prize to first Female and first Male to be awarded at Club Awards Night

Club Championship season runs for 12 months from 1st November to 31st October

The Club member who earns the most points at the end of the Championships will be deemed the winner

In the event of a tie the next highest score will be considered after the qualifying races

There will be separate Championships for Male and Female

20 points for 1st RAT, 19 points for 2nd RAT and so on to 11 points 11th RAT to finish

Thereafter, all other Club runners finishing the race will receive 10 points

All races in the Championship will have either EA or ARC licence

Age Categories are: U35, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70+