

Mid Essex Casuals



Trail Championships - Rules and Regulations

The Championship will run for 12 months, from April 1st to March 31st the following year.

Rule 1: A scoring trail race is:

- All LDWA Challenge Events
- Trail races issued with a TRA permit, marshalled or narrative, which cover a pre-determined distance and are of a standard nature excluding Cross country league races.

By way of further clarification, the following do not qualify:

- Races which do not have a pre-determined distance; (e.g. 'complete as many laps as you can in x hours');
- Non-Standard races would, for example, include the 1 up 1 down, day 4 Tour of Terling.

To claim your points, send a copy, or a link to the results to: results@midessexcasuals.org.uk

Rule 2: To score points you must:

- Enter as a paid-up member of Mid Essex Casuals. There will be no back-dating of points if a member becomes fully paid up subsequent to completing a race.
- Appear in the results (i.e. complete the race, DNF does not score)

Rule 3: Points will be awarded as follows:

- **Mileage** - 1 point per mile up to 17 miles, ½ point per mile from 18 to 30 miles (no further points awarded for longer distances) for the advertised race distance (scores and distance will be rounded down to the nearest whole number). For example, an 8 mile race scores 8 points, a 20 mile race scores 18 points, a 30 mile race and any distance in excess of 30 miles scores 23 points
- **Position** - 1 point for race completion and 1 point for each MEC runner you beat. For example, assuming 5 runners (A-E) finish in the following positions: runner A 1st, B,C,D next with identical times, runner E last. Points awarded would be: A-5, B-2, C-2, D-2, E-1.
- **Multi-distance bonus** – where a race organizer offers more than one distance at the same meeting, then the longer distance shall be awarded a bonus equal to 30% (rounded down) of the number of Qualifying Participants in the shorter distance(s). For example, a race offers 2 distances (15miles and 5 miles). 23 MEC members complete the 5-mile distance (being Qualifying Participants). 30% of 23 is 6.9, rounded down to 6 = the number of bonus points awarded to each Qualifying Participant in the 15-mile race. This rule shall not apply to LDWA events.

- **Organising or Marshalling an event** - If you organise an event or marshal on an event and are therefore unable to take part in it you will receive the average of the points scored by Qualifying Participants. For example, 7 Qualifying Participants score 10, 11, 12, 13, 14, 15, 16 points respectively would give the non-participating organiser/marshal 13 Championship points.
- **Reconnoitering a route** – If you reconnoiter a route on behalf of the organiser, you can still enter the event, but it would be unfair to run with anyone who has not checked the route. Points awarded will be the same as organizing or marshalling an event i.e. the average, as prior knowledge of the route will obviously give an advantage.

Rule 4: Your best 25 race scores count

- For example, if you complete 27 races in the year, the lowest 2 scores will be discarded before calculating your total points.
- If you enter more than 1 race at an event each race will count as an individual race, if you enter the same race more than once only your first result will count.

Rule 5: Declaring yourself as “DNF” (Did Not Finish)

If you find yourself off course, in the spirit of fair play it is your duty to retrace or return to the correct course as soon as possible. If you are unable to do so and return to the finish via your own route, please inform the organiser. This will be deemed as a DNF and therefore no points will be awarded.

Rule 6: Age Categories and Awards

The Trail Championship Table will be published on the MEC website and each participant will be allocated to an age category (5-year categories from age 40); ages determined as at 1st April.

Awards are given for 1st, 2nd and 3rd places in the overall championship.