WDAC – CLUB CHAMPIONSHIPS

This is an award for male and female athletes in the club, but it only counts for races done whilst a WDAC member.

It is to award the best performing athlete in races by Age Grading % to give a fair reflection of performance in your age category, rather than just the fastest time. This means a 70 year old member has as much chance of winning the award as a 30 year old as their performance is being judged against their peers nationally, not every athlete of any age.

The club championship will cover races in the period **1st January up to and including Sunday 19th November 2023**. The results will then be formulated and the winners announced at the Christmas & awards night shortly afterwards or another appropriate time if event doesn’t happen.

**The race must be EA or ARC accredited and measured, other than parkrun which are measured by them**.

The race result must be sent to [results@wdac.org.uk](mailto:results@wdac.org.uk) in good time and by midnight on 19th November to be included. It will not be the responsibility of the results coordinator to ensure results are showing on the clubs results page and database. Many thanks to Martin for continuing to fulfil this role. Some results may appear automatically, ie parkrun – but only if your designated club is registered – again your responsibility, or where the club target races like the NRRL and EMGP. Again it is your responsibility to check and update the results coordinator in the event of an omission.

The age grading used is per the WDAC results page, there are slight variations which races can use.

Each athlete can run as many races in the qualifying period as they want in the distances specified. After the 19th November the best age grading in each race distance will be taken and the average of the best 5 Age grading % will be that athletes result for the championship and the 2 awards given to the highest Age grading %.

Race distances will be:

Parkrun

5k

5000m track

5 miles

6 miles

10k

10000m track

10 miles

Half Marathon

15 miles

30k

20 miles

Marathon

If your race result is shown on the clubs website results page then it will automatically be included. Any questions please ask Jon or email [Chair@wdac.org.uk](mailto:Chair@wdac.org.uk) , happy running 😊