

ILKESTON RUNNING CLUB

— CHAMPIONSHIP —

2024 -2025
SEASON

Championship Summary

IRC runs three championships (April - March) each of which has male and female awards, they are:

- The Club Championship
- The Most Improved Runner Championship, and
- The 5k/ Parkrun Championship

Why do we do have these awards? Because we all love running. We want club runners to experience new events, challenge themselves and enjoy representing the club. Improving your race times is also a happy benefit!

The Fine Print

Club Championship

- Your best ten races (from the race list) qualify.
- Scoring is based upon your age graded performance.
- Calculations are determined using World Master Athletics data.
- The summer and winter Derby Runner League and Notts AAA are key races within the championship.
- The monthly club 5k handicap runs can count.
- Races are decided by the Club Championship Manager.

Most Improved Championship

The % improvement in age graded performance of your best performance in any race during the current season against your best from previous seasons.

5k/ Parkrun Championship

- 1pt Awarded for running.
 - 2pts Awarded for volunteering. (Non-running role)
 - 2pts Awarded for a Parkrun personal best.
 - 1pt Awarded for a course PB. (Not first timer)
 - 1pt for 1st in age category.
 - 3pts Awarded for running IRC summer/winter handicap.
 - 2pts Awarded for Handicap PB
- **To be eligible for the champs you must be a paid-up member of IRC (1st or 2nd claim) and your parkrun profile MUST specify that you run for IRC. Any volunteering please let either Richard Myers or Andy Aiston know as this is hard to capture.**

AWARDS



- Prizes to the top three runners in the following championships:-
 - Club - Male
 - Club - Female
 - Most Improved (Male)
 - Most Improved (Female)
 - 5k/ Parkrun Championship (Male)
 - 5k/ Parkrun Championship (Female)

What is WMA Age Grading?

Age grading takes a time for a distance and uses the world record time based on gender and age to produce a percentage score. This score provides a means of performance comparison against others, even though they might be a different age and gender. The higher the score the better the performance.

How will we use WMA within the championship?

After each race within the club championship the WMA age grading calculator will be applied to each club member. A WMA percentage score will be derived based on their age, gender and race time. Championship points are then awarded based on this percentage.

Why Use WMA?

To drive parity and healthy competition between club runners irrespective of age.

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QUESTIONS

What are races are in the club championship?

ANSWERS

[IRC Championship Season 2024/25 - Google Drive](#)

When does the championship start?

The 2024/2025 Championship season runs from 1st April 2024 to the 31st March 2025.

Do I have to pay for the commercial races to qualify for the championship?

There are twelve opportunities to compete within the club organised 5k handicap race. The Derby Runner summer and winter races and Notts AAA are all free. There is no need to pay for commercial races to meet the maximum ten race championship target.

How is age grading calculated?

Example:- Female aged 30 runs a 20 minute 5k.

Word Record Time (in secs): 884

Runners Time (in secs): 1200

Calculation: $WR\ time / Runners\ time * 100$

Age grading score is: **73.7**

How is the most improved championship scored?

The percentage improvement (from the initial benchmark score) during the championship season.

Example: Male runner with previous age grading score of 50.

During the championship season they reached a peak of 55. This reflects a 10% improvement.

Improvement points: **10**

How does benchmarking runners before the championship work?

The club championship has ran for a number of years now, so we have historical data to call upon. The bench mark age graded score is based on a runners historical age graded performance. For new runners their first race within the championship will act as the benchmark for the season. The club Championship Manager will endeavour to ensure the benchmark applied is accurate for all runners.