

ILKESTON RUNNING CLUB CHAMPIONSHIP

2025-26

The club operates four championships in the 2025/26 season (1st April 2025—March 2026), as follows:

- IRC Club Championship
- IRC Age-Grade Championship
- IRC Parkrun Championship
- IRC Handicap Championship

The four championships strike a balance of competitiveness at the highest level of the club, individual development over the season and generally being ever-present at the club.

Club Championship (Men & Ladies Award)

- From the race list, your ten (M) /eight (L) best races scored based on the race grade performance.
- Finishing in 1st place at these events will bring in 100% or 100 points.
- A calculated example would be a 30:00 5k time compared to a winning time of 20:00; $30-20=10$; $10/20 = 50\%$.
- The winning male & female time are used.
- Races are decided by the Championship Manager. Races that attract significant IRC attendance will be added at discretion.

Age-Grade Championship (Men & Ladies Award)

- As with the Club Championship, your ten best races scored based on the race grade performance.
- Scoring is based upon your age grade performance, determined using World Master Athletics Data.
- In addition to the Club Championship, Handicaps will also be used. And the four parkruns within the championship only.
- As with the Club Championship, races are decided by the Championship Manager. Races that attract significant IRC attendance will be added at discretion.

Parkrun Championship (Mens & Ladies Award)

- As with previous seasons, all performances based on data collected from the parkrunner/5k apps will contribute.
- 1 point is awarded for running & 2 for volunteering.
- 2 points are awarded for an overall PB, whilst 1 point for a course PB (not a first timer). Age-group 1st also scores 1 point.
- You must be 1st claim, with your parkrun profile showing as Ilkeston Running Club. Junior Parkruns do not contribute.
- Volunteering isn't always captured by the app. If in season updates this is missing, let the Championship Manager know.

Handicap Championship (Joint Award)

- Points are based on how many runners and overall position on the night. With 2 additional points for a course PB.
- A calculated example would be 20 runners, with 1st place collecting 20 points (22 if they also PB'd the course).
- Over the season, the best 8 performances count, to allow volunteers to still be able to race.
- Handicap times are based on an average of the previous three times for the runner on the course. If no/limited data exists, the time will be calculated via parkrun times by the Championship Manager.

Club & Age-Grade Championship Races

- All 5 Summer BDL/DRL Races (Teveral, Cromford, Denby, Carsington Water, Shipley).
- All 5 Summer Nottinghamshire AAA Races (Sherwood Pines, HPP [B-course], Wollaton Park, Worksop, Holme Pierrepont).
- All 5 winter BDL XC Races (Shipley, Chaddesden, Manor Floods, Bramcote & Holmebrook).
- Coventry & Derby Half Marathon as well as any Full Marathon.
- Derby 10 mile.
- Derby 10k, Wilne 10k & Bolsover 10k.
- Sinfen 5 mile & Alsager 5 mile.
- 4 Quarterly Parkruns (Black Rocks [June], Vicar Water [September], TBC [December] & TBC [March]).
- Handicaps (Age-Grade Championship only).
- Any other event attracting significant IRC attendance.

What are the awards?

As with previous years, an awards night will be held in Summer 2026, with prizes given to the top three runners in each of the competitions:

- Club Championship (Male)
- Club Championship (Female)
- Age Grade Championship (Male)
- Age Grade Championship (Female)
- Parkrun Championship (Male)
- Parkrun Championship (Female)
- Handicap Championship

A single award is given to the following:

- Coach's Award
- Simon Davis (Best Supporter) Award
- Daz Holloway (Outstanding Effort) Award

FAQs

Why has the IRC Championship Changed to a Race-Grade Format?

We decided that, whilst the Age Grade format proved very successful for a number of years, the fastest runners within the club were not being acknowledged. The Age-Grade Championship retains what this was, but under a new name.

What has happened to the Most Improved Championship?

Previously this was calculated as an age-grade improvement year-on-year. This year will be awarded at the judgement of the club coaching team.

Why is a Marathon included, but not races like the Robin Hood Half Marathon?

A Marathon is a unique special undertaking that takes up not only the sacrifice of other races, but should be valued as a notable achievement of any runner. Some notable local races were initially omitted in the interest of administration but may be added at later date.

Do I have to pay to enter these races?

Only some races require payment, such as the Run-for-all events and local 10k races. There are suffice events per year (estimated 19) for an individual to compete.

Why do Ladies only need to run 8 races, whilst men need to run 10?

We looked at the data year-on-year and found that 10 is usually enough for men, but women typically run on average slightly less. But ultimately the more races ran, the better your score will be by virtue of the highest scores contributing.

What happens if I run less than the required number of races?

You will likely not score enough points to compete. There is an average race-grade formula to give an indication who is scoring the most points.