

# ILKESTON RUNNING CLUB

2022 -2023  
SEASON

CHAMPIONSHIP

## CHAMPIONSHIP SUMMARY

The club championship runs for a full calendar year (April - March) and consists of carefully selected races spanning multiple distances and terrain. The races accommodate most runners interests from track meets to marathons (and a few fell runs added to the mix!). The intention is to encourage maximum club participation (irrespective of running experience).

Why do we do it? 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!

We have 3 championships (Male, Female and a **NEW** (for the 2022-2023 season) a mixed championship for **Most Improved**. The overall championships are won by the athlete who has the highest total score - calculated based upon age grading.

## THE FINE PRINT

- Your best eight races (from the race list) qualify.
- Scoring is based upon your age graded performance.
- Calculations are determined using World Master Athletics data. Used also by Parkrun and other running clubs.
- Races are decided by the club Championship Manager.
- The summer and winter Booths Decorators League (BDL) are key races within the championship.
- All monthly club 5k handicap runs count towards the eight race target.
- **CHANGE** - There will no longer be any extra points for marshalling the hosted BDL race or Double or Quit race.
- **NEW** - MOST IMPROVED. There will be a new mixed championship for most improved runner. All existing club members will have an initial benchmark set from their best age grading score from the previous championships. New members will have their initial benchmark score based upon their first championship race. Improvement (in both cases) is measured from this score to the close of the championship season.
- **NEW** - 'PLAY THE JOKER'. More familiar to those old enough to remember 'It's a Knockout'! Each club runner has one joker per championship season. This must be declared to the championship manager **before** a championship race for the runner to receive double age grading points. What's the point you ask? Running performance can fluctuate throughout the year. Perhaps you are off the back of an exceptional block of training. Knowing you are in good form, playing the joker will allow you to get more age grading points. Typically the championship is won by a very small points margin. Played carefully, this could prove a master play to jump to the top of the leaderboard!

## AWARDS



- Top **three** runners in the following championships:-
  - Male
  - Female
  - Most Improved (Mixed)

## 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

### ANSWERS

What are races are in the club championship?

[IRC Championship 2022/2023 Race List](#)

When does the championship start?

The 2022/2023 Championship season runs from 1st April 2022 to the 31st March 2023.

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 BDL summer and winter races are all free - not forgetting a parkrun. There is no need to pay for commercial races to meet the maximum eight 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**

Why has the bonus points been removed?

We value peoples support of the club. Particularly those volunteering to support our hosted races. This year, the championship will focus more specifically on the running aspects rather than incorporating broader contributions to the club. Some club runners may have been disadvantaged in previous championships if they were unable to support at these times.

Why has the most improved championship been created?

The club want to recognise runner improvements and there has been a significant amount in recent years. We hope the new championship identifies those that make the biggest improvement throughout the championship season.

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.

The 'Play the Joker' sounds a bit gimmicky, will people use it?

It's a new idea to keep the club championship fresh and maintain a healthy competition.

We are all only as good as our last race and cannot always be in top form across the season. The joker allows a strategic play to be made and hope runners use it based on how it is intended. If a runner decides not to use it, then their lowest age grading score of the season will be doubled.