

## DUNOON HILL RUNNERS - SUMMER LEAGUE RULES

The club will operate a summer and winter series each season. As with all events under the DHR umbrella the emphasis is very much on participation over performance. However, many members are keen to try or get more involved in racing and the series league seeks to record performance over the season. The series events give a range of distances and surfaces to cater to the differing preferences and to provide new challenges. Everyone is encouraged to try each event and hopefully the breakfast runs have removed the fear factor of running clubs and organised running events.

A range of points will be awarded based on participation, position and personal performance to determine the series champion and winning team.

Most events are local and some will be organised by club members or under the umbrella of the club itself. In this way the secondary objective of the series is to ensure that as a club we support local events.

### THE EVENTS

The proposal is for 8-10 events (tbc in the near future) to be part of the summer championship series. Events may change and new events may be added. The series will run from May through to October:

Note - all dates are subject to change. Please consult the Facebook page, DHR website or race websites for up to date details.

NAME OF RACE	CLUB / PUBLIC EVENT	DATE	DISTANCE	SURFACE	WEBSITE
South Cowal 10k	Public (organised by DHR Iain Cairns)	18/5/14	10k (Innellan to Toward and back)	Road	<a href="http://www.facebook.com/southcowalcommunityfestival?fref=nf">www.facebook.com/southcowalcommunityfestival?fref=nf</a>
Volcano Route	Club	TBC (June)	TBC	Trail	N/A
Bannister Mile	Public	13/6/14	1 mile	Track - Dunoon Stadium TBC	N/A
Hill Race TBC (a race will be chosen from the SHR calendar)	Public	July / August	TBC	TBC - Trail / Off Road	<a href="http://www.shr.uk.com/Calendar.aspx">http://www.shr.uk.com/Calendar.aspx</a>
Camel's Hump Hill Race	Public (organised by DHR Iain Cairns)	30/8/14	5km	Road / Trail	<a href="http://www.cowalgathering.com/whats-on-hill-race.php">http://www.cowalgathering.com/whats-on-hill-race.php</a>
Club Handicap 5k	Club	September	5km	Trail / Off Road	N/A
Cowalfest Benmore Hill Race	Public (organised by DHR Kirsty Mundell)	October	5km or 10km	Trail / Forestry Road	<a href="http://www.cowalfest.org/index.php">http://www.cowalfest.org/index.php</a>

### SCORING - INDIVIDUAL POINTS

The race secretary will be responsible for collating all points subject to the rules below. Their decision is final. Points will only be awarded for series events. In the event of a tie the title will be shared.

Prizes will be awarded for:

- a. First Female (18-39 years)
- b. First Female (40+)
- c. First Male (18-39 years)
- d. First Male (40+)

#### Positional Points

1. 30 points if a member of the DHRs actually wins a public event in the series (this will supersede points normally awarded under sections 2 to 12)
2. 20 points for 1st male and first female Dunoon Hill Runner in each event
3. 19 points for 2nd male and female Dunoon Hill Runner in each event
4. This would continue down to position 20 where this runner would get one positional point (if we ever got that many men or women in an event)

#### Personal Best Points

6. 2 bonus points for people scoring PBs (you will be asked to submit PBs in advance for standard distance events - 5km and 10km)

#### Participation Points

7. 1 bonus point for competing in a series event with 20 members of DHRs and above
8. 2 bonus points for competing in a series event with 10 - 19 members
9. 3 bonus points for competing in a series event with 5 - 9 members
11. 4 bonus points for competing in a series event with 2 - 4 members
12. 5 bonus points for competing in a series event where you are the only Dunoon Hill Runner (unlikely to happen)
13. Everyone who completes in all of the events will be awarded 10 bonus points
14. Anyone who does not compete in an event because they are an official volunteer / race organiser will be awarded points equivalent to the first place runner in the event i.e. first place plus all bonus points awarded to that runner. This will only be awarded for a maximum of two races in one series to prevent a 'professional' volunteer winning the whole series.

### SCORING - TEAM POINTS

The race secretary will place runners in teams of 3. Teams will be selected on the basis of experience and speed.

Points will be a cumulative of the 3 individual team members scores after each event. A team prize will be awarded at the end of the series.