

Issued 2025 V1

Cumberland AC Championship

Eligibility Rules

The Club Championship runs from the start of April until the end of March.

To be eligible for the Championship, you must be a full racing member of the club. New members are eligible for the Championship from the date they join the club, if they select full racing membership.

Points will not be allocated to members who do not enter themselves as Cumberland AC on the race entry form, unless this is as a result of race organiser error.

Where Chip timing is used at races, the Chip time will be used when compiling the championship results.

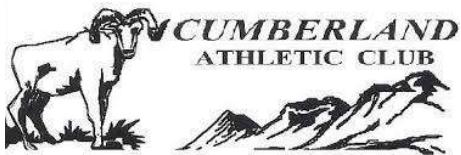
Racing Kit

All Cumberland AC members must wear 'Ronhill' Club T-shirt or Club Vest for the races, unless running for a Charity and wearing the Charity T-shirt. Please contact the kit team if you require a vest or t-shirt at the following email address: cacclubkit@yahoo.com. The polo shirt does not count as club racing kit so should not be worn during races.



Championship tables

These are as follows:



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OPEN –

- Mixed gender – Division 1, Division 2, Division 3, Division 4, Division 5 & Division 6
- Single gender – Ladies
- Age Related – Mens, Ladies.

SHORT –

- Mixed Genders – Division 1, Division 2, Division 3, Division 4, Division 5 & Division 6
- Single gender – Ladies

MULTI-TERRAIN CHALLENGE

- Mens
- Ladies

Division Criteria

The following criteria will be used to place members in the appropriate division. Divisions will be allocated at the start of the year based on times from the previous year.

OPEN/SHORT CHAMPIONSHIP

- Division 1: <42:00 min for 10K
- Division 2: 42:00 to <46:00 min for 10K
- Division 3: 46:00 to <50:00 min for 10K
- Division 4: 50:00 to <54:00 min for 10K
- Division 5: 54:00 to <58:00 min for 10K
- Division 6: 58:00+ min for 10K

Age Related

Members over 35 years old (on 1st April of that year of the Championship)

MULTI-TERRAIN CHALLENGE

No time based divisions

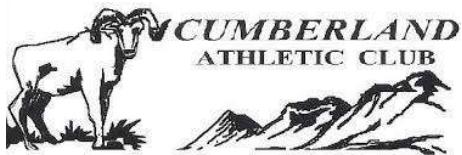
The times are a guide and the race committee retains the right to apply judgement if the allocated division appears to be clearly incorrect.

If 10k times are not available, data from other races will be utilised e.g. parkrun times and longer races. If adequate race data is not available to place an athlete, they will be assigned a provisional division. Once adequate data is available (e.g. first race completed) they will either be confirmed in that division or moved (and points re-allocated accordingly). Any queries should be raised within the early part of the season.

Automatic promotion will apply for winners of the Open Championship and Short Championship, regardless of whether the qualifying time has been met.

Qualification Criteria

A list of qualifying races for each Championship will be published at the start of the Championship season. Qualifying for each championship is as follows:



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OPEN CHAMPIONSHIP

Best **SIX** Races = THREE from each category, short and long. One of the 'Long' races must be a half marathon (or longer) from the list of qualifying races.

SHORT CHAMPIONSHIP

Best **SIX** races from Twelve.

MULTI-TERRAIN CHALLENGE

Best **SIX** races from Twelve.

Prizes are awarded for First, Second & Third positions in all Championships stated above.

If a member qualifies for a prize in both the Open and the Short Championship, they will only be awarded the highest position. There is no such limitation associated with placing in the multi-terrain championship, this is considered completely separate.

Awarded Points

Points are award by the following:

100 = 1st Cumberland AC member finisher in a Race

99 = 2nd Cumberland AC member finisher in a Race

98 = 3rd Cumberland AC member finisher in a Race

And so on.

Tie Break

In the event of two people getting the same amount of points from their six qualifying races there will be a Tie Break situation. A comparison of races that both runners have competed in will be undertaken. The runner that was faster in the majority of these races will be the winner. If it remains a tie, then the athletes will be jointly awarded the position.

Tie Break will be applied for First, Second and Third places only.