

The Ilkley Harriers Club Race League

The Committee have decided to organise a competition to stimulate and encourage members participation in a wider range of events. We are hoping the League will encourage members to race and to race over terrain and distances that they don't normally attempt, and then they will find they actually enjoy it, and in addition the Club spirit will be enhanced by attending selected races en masse' .

A total of fourteen races will be selected to represent all terrains and there will be a range of distances from a one mile track race to a half marathon. The first four qualifying events have been selected and details are in the Race Programme. The best eight scores for each runner are to count and the League table together with the results from the qualifying events will be published in the Newsletter. Points will be computed for each runner by comparing their time to the race winners to produce a percentage to measure relative performance. For example, 42 minutes compared to 30 minutes by the winner scores: $30/42*100=71.4$ and adjustment is then made for age and sex (gender).

The above age graded table as published by the World Association of Veteran Athletes are used and in the example above a M50 will score $71.4/88*100=81.1$ points. If you have any queries, comments or suggestions regarding the League speak to the League sub-committee; Peter, Phil, Andy and Helen.

Cat.	%
M	100%
M35	97%
M40	94%
M45	91%
M50	88%
M55	84%
F	90%
F35	87%
F40	84%
F45	81%
F50	78%