

KENILWORTH RUNNERS SUMMER AND WINTER LEAGUE RULES AND REGULATIONS

At the start of the league, runners are divided into 3 groups by use of the Overformance Index as it stood at the end of the last league.

New runners will be placed into a group based on their average time over two races. After this they are eligible to score points.

The Performance Index is calculated in such a way that if a runner improves on his/her time, then this new PI is based on the quicker time. i.e someone who has PI of 7.00 minute miling and then runs 6.30 minute miles, automatically has his/her PI adjusted to 6.30.

If they fail to beat their time then there PI goes back – but only up to a maximum of 10 seconds per mile. i.e. someone has a PI of 7.00 and then runs at 8.00 minute miling, automatically has his/her PI adjusted to 7.10 – This allows you to have a bad run and not have your handicap penalised to badly. For someone who were to finish at 7.30 pace, the Pi would be 7.05.

(This is worked out automatically by the spread sheet – but in effect represents 1 second onto PI for every 10 seconds slower than anticipated; up to a maximum of 10 seconds, i.e 1 minute per mile slower than anticipated)

For each race the percentage difference between the runners' actual time and predicted times is calculated, with the lowest being awarded 50 points then 49 points and so on.

Five additional points are awarded to a runner who breaks a course record, if a record has been set in a previous race.

Records are kept in 4 categories:- 1 Senior Men. 2. Vet Men. 3. Senior Ladies. 4. Vet Ladies.

Five addition points will also be added for each race over five scoring races. Persons acting as time-keepers/marshals will score 45 points and their Pi will remain and carry forward the next race, each member will be allowed to marshal two races and claim 45 points for each race.

At the end of the league, the best FIVE race points are totalled and any bonus points added.

The runner with the greatest points is awarded first place overall. This runner is then excluded from any further prizes.

The three top runners from each group will also receive an award.