

## **The Trophy Series**

### **Aim**

The Trophy Series is our main club competition which is designed to encourage members to compete together in local races.

### **What can I win?**

There are three main prizes on offer:

1. Men's trophy
2. Ladies' trophy
3. Age graded shield

Prizes are also awarded for second and third place in the men's and ladies' trophy.

### **Which races do I need to run in?**

There are 8 races which are chosen by the committee before the start of the year. These vary a little from year to year, but generally range between 5k and a half marathon, with the majority of races around 10k.

In order to qualify, you need to enter the race with Elmbridge Road Runners listed as your club.

### **How does the scoring work?**

25 points are awarded for the first Elmbridge runner home, 24 for second and so on. The times used for the runs are gun time (rather than chip time). This means that the order that people finish on the road is the order in which they will score.

Only the best 5 scores for each runner will count towards the total.

In the event of a tie the numbers of first places for both runners are compared and the runner with the most is the winner. If there is still a tie, the numbers of second places are compared, then the numbers of third places, and so on. If the runners are still equal after this comparison the trophy will be tied.

### **How does the age-graded scoring work?**

The age graded shield uses the same scoring system as the main trophy series, so that the runner with the highest age grade will score 25 points, the runner with the second highest age 24, etc.

The age grades for each runner are calculated using tables downloaded from here:

<http://www.howardgrubb.co.uk/athletics/wmalookup15.html>

These use the standards agreed by the World Masters Athletics, which sorts this kind of thing out. They were updated at the start of 2015 to reflect recent improvements in masters' world record times.

In a change for 2015, the ages used in the Trophy Series calculations are everyone's age on the day of the race. This means that you will get a small advantage immediately after your birthday – a 54 year old man running 10k in 45:00 will have an age grade of 69.08%. When he celebrates his 55<sup>th</sup> birthday, if he runs the same time his age grade will rise to 69.69%.

For the purposes of separating very close results, a time of 42:18, for example, will be taken to be 42:18.000 and the age-graded scores will be calculated to however many decimal places are required to tell the difference between two results.

### **Changes during the season**

[Amended by the committee on 11.09.13]

If it is necessary to remove a trophy race for any reason, the committee will try to find an alternative event although they reserve the right to reduce the number of races if this is difficult. If the number of races is reduced or effectively reduced due to scoring difficulties, then the number that count towards the total score will be 4 from 7, or 4 from 6.