

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:

Men's trophy  
Ladies' trophy  
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 13 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.

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

25 points are awarded for the first Elmbridge runner home, 24 for second and so on.

Only the best 6 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.

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

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

In order to simplify the calculations, the ages used are everyone's ages on the 1<sup>st</sup> January.