

Junior Championship rules and points

All competitors run in the age group they are in on the 31st December 2019 and stay in that group for all of the races.

Categories - boys and girls in each group: Under 9, Under 11, Under 13, Under 15, Under 17 and Under 19.

Points will be awarded to juniors for their best 7 of 13 races. 20 points are given to the first person to finish in their category in relation to other Helm Hill runners, 17 to second, 15 to third then 14, 13 and so on.

If a junior has to then compete in different age categories during the course of the year, points will be allocated to him/her based on the category they are contesting in the Helm Hill Championship. This could result in more than one set of maximum points being allocated for that race.

Senior Championship rules and points

'Beat the clock'

To count in the senior championship for 2019 you will need to complete 6 out of the 12 championship races.

Scoring System

- 1st Male and 1st female in each race will receive 100 points
- All other athletes' points will be calculated using the following formula; $\text{Points} = 100 \times (\text{fastest HHR time}) / (\text{Runner's time})$
- All age categories will use the time of the 1st HHR to formulate championship regardless of age

Age categories for both male and female championships; 10m Open, U23, V40, V50, V60 - The category you complete your 1st race in is the one you finish in!

Extremely generous prizes for at least 1st in each age category & 1st, 2nd, 3rd in the open category - special memento for all who complete 6 races.

Courses
u18 ABCDFABDFEF
u16 ABCDFADF
u12 ABCDF
u10 ABDF
u 8 ADF

HELM HILL
JUNIOR RACE

Scale 1:7500 contours 10m

Farmland Cliff
Open fell Wall

HELM HILL RUNNERS CLUB CHAMPIONSHIPS



'A perfect way to start racing & improve your running'

Senior & Junior race booklet 2019

Updates on the club website & twitter feed

Courses
u18 ABCDFABDFEF
u16 ABCDFADF
u12 ABCDF
u10 ABDF
u 8 ADF



HELM HILL
JUNIOR RACE

Scale 1:7500 contours 10m

200m

Farmland Cliff
Open fell Wall
Wood/scrub
Path Route

JUNIOR CLUB CHAMPIONSHIP RACES 2019

Sunday 6th Jan – Scout Scar (KWL – www.helmhill.co.uk)

Sunday 10th Feb – Barbondale (KWL – www.helmhill.co.uk)

Sunday 10th March – Cautley (KWL – www.helmhill.co.uk)

Wednesday 10th April – Todd Crag (www.amblesideac.org.uk)

Sunday 14th April – Arant Haw Sedbergh (KWL and Prizegiving)

Saturday 18th May – Kirkby Fell (Malham – www.kcac.co.uk)

Thursday 30th May – Killington – (www.killingtonsports.org.uk)

Sunday 2nd June – Coniston Gullies – (www.bofra.org.uk)

Saturday 22nd June – Clougha Pike – Lancaster
www.bowlandfellrunners.org.uk

Wednesday 26th June – Tebay (www.howgillharriers.co.uk)

Friday 12th July – Sedbergh Sports (www.howgillharriers.co.uk)

Sunday 18th August – Lakeland Country Fair (Torver)
www.lakelandcountryfair.co.uk

Saturday 7th Sept – Great Westmorland Trail (Crosby Garrett)
www.howgillharriers.co.uk

*Information may be posted on the Helm Hill website and Facebook group page about start times etc. of races but please look up race times and details on the Internet yourself to help your planning, and at any time you can ask the Junior Championship Co-ordinator Simon Martindale tel 07730 043874, email swidger28@gmail.com, or speak to your coach if you need further info. Any pre-entries are the responsibility of the runner / runner's parent(s). Juniors need to complete a minimum of 7 races from the list above to count in the final championship points table - special memento for all who complete 7 races.

SENIOR CLUB CHAMPIONSHIP RACES 2019

12th Jan Clough Head 4.5 miles

1st Feb 6.30pm - 7.00pm - Howgill uphill time trial (Helm Hill Runners only) - pre entry on HHR face book page

23rd Feb – High Cup Nick 9.3 miles

24th March Carrock Fell 5.6miles

10th April – Loughrigg 4 miles

8th May Cautley Horshoe 4.7 miles

27th May Austwick Amble 8.1 miles

1st June Duddon Valley 18 miles

22nd June Clougha Pike 4.9miles

7th July Langdale Gala 1.2 miles

24th August Arnison Crag 3.1miles

15th Sept Dale Head 4.8 miles

28th Sept Orton Fell Race 6.2miles

❖ Runners responsibility to check start times, date changes & pre-entry information

U19 Juniors who participate in (if they are old enough) any of the above Senior races, or Senior races which are at Junior Championship fixtures eg Great Westmorland Trail, KWL races, Tebay, will gain points towards the Junior Club Championship IF they tell Simon Martindale (see opposite page) of their participation in these races (saves him having to check too many race results!). Thank you.