

# LEAGUE POINTS

The Tiptree Road Runner League is a bit of fun that is generated off of the back of the Race Report and Club Attendance.

Primarily club members are awarded points based on the distance they run, but additional points are awarded for attending on a club night, participate in club events and of course achieving those coveted Personal and Club Bests.

The points set out below are what have been agreed by the membership and form the basis of the league.

RACES	
Races – a race is any event that has an element of running, these include obstacle races, triathlons, aquathons and duathlons; points are however only awarded for the running element of the event.	-
Races or Runs <b>less than</b> 5k	0
Parkruns	5
Races between 5k and 9.99 miles	10
Races between 10 and 14.99 miles	15
Races between 15 and 26.2 miles	20
Races between Marathon distance and 29.99 miles	30
Races over 30 miles regardless of distance and duration, i.e. events that are undertaken over multiple days are counted as a single event; maximum points awarded being 40 points	40
Festivals – points will be awarded for each race based on the above schedule up to a maximum of 40 points being awarded for the event.	-
Multi-Lap events – points will be awarded based on the cumulative distance travelled (ie. 3 laps of 6.1 miles = 18.3 miles and 20 points); maximum points awarded being 40 points	-

OTHER POINTS	
Training – running or coaching on either Tuesday or Thursday evenings	4
Maldon 5k Series – bonus points are awarded to any members that either runs or marshals 4 of the 5 events.	20
NESS XC League – bonus points are awarded to any members that either runs or marshals 5 of the 6 events.	30
BIG-4 – bonus points are awarded for participating in 4 of the following off-road races. <ul style="list-style-type: none"> <li>• Benfleet 15 = 20<sup>th</sup> January</li> <li>• Orion 15 = 30<sup>th</sup> March</li> <li>• Easter Extravaganza (3 of 4 events) = 19<sup>th</sup> – 22<sup>nd</sup> April</li> <li>• Round Mersea Island = 23<sup>rd</sup> June</li> <li>• The Essex Way = normally 1<sup>st</sup> Sunday of September</li> </ul>	40

Essex Road Champs – bonus points are awarded for attending of any Essex Road Championship, with as an individual or part of a relay team.	10
Personal Bests – bonus points are awarded for achieving a personal best whilst a member of Tiptree Road Runners (this does not include debut runs as a Tiptree Road Runner); the club can only accept official race times for this bonus.	10
Club Bests – bonus points are awarded for achieving a club record; the club can only accept official race times for this bonus and members must have entered the event as a Tiptree Road Runner.	10
Marshalling – bonus points are awarded for any member that marshals in an event organised by TRR, that promotes TRR as a club, or as an official in an event that TRR are participating in.	5

Although all efforts have been made to make the allocation of points as easy as possible, on occasion events may not fall clearer into one of the above categories. Any queries should be raised with the results coordinator, who if can't clarify the query, will raise it with the committee.