



BAR Championship 2025

The committee are keen to encourage wider participation in the Club Championship for all of our members.

The focus is on participation in events and to support this we have increased the number of those races for both runners and walkers that are held “locally” and also increased the number of free to enter races. We have also listened to members' feedback and simplified the qualifying criteria for 2025 and the range of races required to encourage greater participation and inclusivity.

The Committee are committed to bring regular updates on club championship results and standings.

Time Frame - 1st January 2025 - 31st December 2025

Qualifying Races **Club Championship**

Runners

To allow all members to participate it is proposed that a 1st claim members **6 best** races will count. A minimum of 4 races are required to qualify for the club championship from the defined Club Championship race list*

Race Criteria

To encourage a variety of distances to be completed, to show broad ability;

Min 2 x 5km- 9.99Km*

Min 2 x 10km+*

Nordic Walkers

To allow all members to participate it is proposed that a 1st claim members best **6 best** races will count. A minimum of 4 races are required to qualify for the club championship from the defined Club Championship race list*

*As defined in the Club Championship race list.

The Championship Race List (CRL) will be published on the website, with regular updates on forthcoming races within weekly notes and on “social night routes” information, so everyone is aware of the qualifying races.

Those competing in these races will automatically be entered into the club championship.

**Please note that the Club half marathon and Club 10k races will be stand-alone races open to all members whether first claim or otherwise and will not be included in the club championship. **

Championship Rules

All races must be either Chipped Time, Park Run Timed or Officially Published on the race organisers website.

On entering a race / Park Run, members **MUST** have Bedale & Aiskew Runners listed as their first claim club, if this is not the case, then the results will not count.

When running in qualifying races, members must wear club vest or t-shirt- **displaying the club emblem**

Race Scoring - Championship

The points scored for each race are based solely on your overall finishing position. This means that every person you pass in the home straight will improve your score!

The race winner gets 10 points; the person who finishes last gets 0 points; and the finishers in between get points in proportion to their position. Runners who start but do not finish score 0.

The formula for working out your score is:

$$\text{Score} = \left(1 - \frac{[\text{finishing position}] - 1}{[\text{total number of people starting race}] - 1} \right) \times 10$$

Notes:

1. The number of starters will be defined as the total number of people listed in the results including those that did not finish.
2. The finishing position is determined by chip time when it is available. If chip time is not available, then the finishing position will be determined by gun time, and if neither chip or gun time is available, by the finishing order published by the event organizer.

So, for example, in a race where 201 runners start:

- The winner gets 10 pts;
- Second would get 9.95 pts;
- The 101st finisher would get 5 points (as they are exactly half-way – 100 people finished ahead of them and 100 people finished behind them); and
- The 201st placed (last) would get 0 pts.

Race Scoring – Handicap

The handicap scoring system uses data collated by World Masters Athletics to adjust individual performances for age and sex.

The age grading has recently been updated and for the 2025 championship we will use the Road Event Age-Grading factors (2025).

For details of how this calculation is done, please see

<https://github.com/AlanLyttonJones/Age-Grade-Tables/tree/master/2025%20Files>

There are tables containing the age grading adjustments within the linked folder. The files are:

FemaleRoadStd2025.xlsx & MaleRoadStd2025.xlsx

The Handicap as it takes into account the age-related results throughout the year, is a great opportunity for all members to be represented on a level playing field.

Awards

Club Championship winner male	Club Championship winner female
Club Championship runner-up male	Club Championship runner-up female
Handicap winner male	Handicap winner female
Handicap runner-up male	Handicap runner-up female

Each individual is only allowed to win one award in both the Club Championship and Handicap competitions. In the case that the winner and/or runner-up in each competition are also placed in the other, the one award that will be given, in the following order of priority:

Award	Priority
Club Championship winner	1
Club Championship runner-up	3
Handicap winner	2
Handicap runner-up	4

If a runner would otherwise have received a second award, that award will be passed to the next highest scoring eligible runner in that competition.

Nordic Walking Awards

As above - noting that only one club champion will be awarded

Scoring is based on the championship formula (see above).

Club colours are preferred but not mandatory for the Nordic Walking championship to encourage participation.

Parkrun Championship

To allow all members to participate it is proposed that the top 6 scores will count with a minimum of 4 events to be completed to qualify.

Run, walking including Nordic Walking and volunteering will be included for scoring purposes.

Age graded results consistent with the club handicap scoring will be used to calculate points.

There will only be one award regardless of gender.

To allow volunteers to be included in the competition a standard 60.00 will be awarded. In the event a participant both volunteers and runs/walks gaining a finish position and volunteer credit, the highest score will count for the event.

Members **must** be registered with Parkrun and have Bedale and Aiskew Runners specified as their running club. Any member not being registered as a Bedale & Aiskew Runners will not score points.

When participating at Parkrun club vests or t-shirts displaying the club emblem **must** be worn unless taking on a volunteering role where official Parkrun bibs are acceptable.

All results will be published via the Club website, as well as being reported through social media platforms.
Good luck to all club members.