



CLUB CHAMPIONSHIP 2008/2009

Hi Bella member

With the new Club Championship season already under way, we thought best to update you with the details! The Championships are there for EVERYONE to take part in. So make it your challenge to complete the criteria, you will be motivated to get out there and race, and see how you progress from last year!

How does it work?

There are 23 championship races each for men and women, spread throughout the year, starting with the Brampton to Carlisle 10 Miler in November 08 and finishing with the Great Scottish Run 10K/HM in September 09. Points are awarded for each race you complete, based on your official finish time and recognized scoring tables. The faster you run the more points you earn.

Each race is classified as Short, Medium or Long. To fulfil the Championship qualifying criteria, you must complete at least 8 races in total...comprising 2 short, 2 long and 2 medium PLUS any other 2 from the list. At least one of the long races MUST be a half marathon. This might mean that you have to run a new distance or stretch yourself to complete the criteria – why not use the Championship as an incentive to achieve a new goal this year? Please submit your race times on the message board following each Championship race. The points total from your 8 qualifying best-scoring (fastest) race times will be ranked against your club-mates, with updates as the year progresses.

Awards

EVERYONE who completes the Championship criteria will be awarded a special Club Championship memento! Prizes will be awarded to the overall Club Champions i.e. the highest scoring male and female from either senior or vet category (35+ for women and 40+ for men as of 1st January 2009). The winner of each category takes home the annual Club trophy. The first 3 senior men and women overall PLUS the first male and female vets in each age category will win prizes as shown below.

| | |
|--|--|
| All qualifiers | - special memento |
| 1 st , 2 nd 3 rd Male/Female Senior | - trophy for first place, prizes for first 3 |
| 1 st Male/Female overall Vet | - trophy |
| 1 st M40/ F35 | - Prizes |
| 1 st M50/ F45 | - Prizes |

The races

Club Championship races in each category.

| Short | Medium | Long |
|--|-------------------------------|---------------------------------|
| Clydebank 5K | Ayr Turkey Trot 10K | Brampton to Carlisle 10M |
| Jog Scotland 5K | Nigel Barge 10K | Arbroath Smokies 10M (W) |
| Bella Presidents Cup 5K | Jack Crawford 10K | Tom Scott 10M (M) |
| Bella 5K Road Race | Round the Houses 10k | Balloch/Clydebank HM |
| Glasgow University 5M | Troon 10K | Diet Coke East Kilbride HM |
| Renfrew AAA 5M Road Champs | Ladies 10K Glasgow (W) | Helensburgh HM |
| W - only a champ race for women | Polaroid 10k Helensburgh | Great Scottish Run HM |



| | | |
|--------------------------------------|------------------------------|------------------------|
| M - only a champ race for men | Polaroid 10K Clydebank | ANY marathon |
| | Polaroid 10K Dumbarton | Any Scottish Island HM |
| | Great Scottish Run 10K | |
| | Mens Health 10K (M) | |

Club Championship Races in approximate date order (some dates TBC):

| Race | Distance | Date | Type |
|--------------------------------|-----------------|-----------------------|-------------|
| Brampton to Carlisle | 10 M | Sat 15 Nov 08 | L |
| Glasgow University | 5 M | Sat 8 Nov 08 | S |
| Ayr Turkey Trot | 10 K | Fri 26 Dec 08 | M |
| Nigel Barge | 10 K | Sat 3 Jan 09 | M |
| Jack Crawford | 10 K | Sat 17 Jan 09 | M |
| Renfrew AAA Road Champs | 5 M | Sun 8 Feb 09 | S |
| Round the Houses (Grangemouth) | 10k | <i>Sun 15 Feb 09?</i> | M |
| Arbroath Smokies (W) | 10 M | Sun 1 Mar 09 | L |
| Balloch - Clydebank | HM | <i>Sun 8 Mar 09?</i> | L |
| Clydebank | 5 K | <i>Sat 14 Mar 09?</i> | S |
| Tom Scott (M) | 10 M | <i>Sun 12 Apr 09?</i> | L |
| Troon | 10 K | <i>Wed 6 May 09?</i> | M |
| Ladies Glasgow (W) | 10 K | <i>Sun 10 May 09?</i> | M |
| Polaroid - Helensburgh | 10k | <i>Thu 21 May 09?</i> | M |
| Polaroid - Clydebank | 10 K | <i>Thu 28 May 09?</i> | M |
| Polaroid - Dumbarton | 10 K | <i>Thu 4 Jun 09?</i> | M |
| Mens Health (M) | 10 K | <i>Sun 14 Jun 09?</i> | M |
| Jog Scotland Glasgow Green | 5 K | <i>Tue 16 Jun 08?</i> | S |
| Diet Coke East Kilbride | HM | <i>Sun 21 Jun 09?</i> | L |
| Bella Presidents Cup | 5 K | <i>Wed 24 Jun 09?</i> | S |
| Helensburgh | HM | <i>Sun 2 Aug 08?</i> | L |
| Bella Road Race | 5 K | <i>Sun 16 Aug 08?</i> | S |
| Any Scottish Island HM | HM | Others - various | L |
| Great Scottish Run Glasgow | HM | <i>Sun 6 Sep 09?</i> | L |
| Great Scottish Run Glasgow | 10 K | <i>Sun 6 Sep 09?</i> | M |

Message-board

Information on each race will be posted on the Bella message-board via the internet so if you haven't already done so, please take a few moments to register online at www.bellahoustonroadrunners.co.uk/forum.

If you have any questions, please contact us. And importantly, have fun!

Your Captains

Carla Deans, Nick Reid