



St Albans Striders Club Championships 2019/2020

The club champs is an annual competition focused around league and other local races

There are separate champs for men and women, with prizes for 1st to 3rd place



Runs from 1st Dec 2019 to 31st Oct 2020

Points can be gained by running in designated club champs races and also volunteering to help at Striders events. The winner is the person with the most points at the end of the year



Why Take Part?

- ✓ Participate in races with other Striders
- ✓ Open to all abilities – participation can win over speed!
- ✓ Track your progress in the monthly Standings throughout the year
- ✓ Prizes awarded at the Annual Dinner



Scoring

6

50 point races
50 points for 1st Strider across the line, 49 for 2nd etc with a minimum of 30 points. Your best results for up to six races out of eight will count towards your total score



6

Other champs races
These are worth an additional 20 points towards your total score, wherever you finish, up to a maximum of six races (120 points)



Bonus Points - 10 points are available for anyone who runs/volunteers at all mid-week road races



Volunteering

Points are also available for helping out at relevant club champs events and any other Striders hosted events, e.g. St Albans Stampede. Volunteering is worth 20 points unless specified, for up to three events

You can do as much or as little as you like, with the flexibility to run the races that suit you. Points are automatically accrued provided you race as a Strider.