

TERRIGAL TROTTERS INC

INFORMATION SHEET FOR NEW MEMBERS CLUB COMPETITIONS

Hi and welcome again to Trotters!

As a new member, you may be interested in knowing about the internal competitions that are conducted by the club and in which you are entitled to compete.

Note that to be eligible for any of the undermentioned awards, you must ensure that your date of birth is given to the Race Results Recorder – currently Bruce Renwick.

SUPER 7 SERIES

This series was first conducted during the 2002/03 race year. It is a pointscore series where the best 7 races of a member are added together to come up with an aggregate pointscore. The member with the highest aggregate pointscore wins. Trophies are awarded to (at least) the top 5 finishers in the competition. The competition rules are as follows:

1. In order to qualify as an event, the race must be of **minimum distance of 10 km** and be an officially conducted open race (that is, it cannot be a race conducted by a club exclusively for its own members). Where a race is conducted over an undulating, difficult course, the distance is calculated to a Flat Distance Equivalent (FDE) so that the “WAVA AG Ratings” tables can be used. As a guide, the following events are included in the series:
 - All marathons (off-road marathons (including Fitzroy Falls) will, of necessity, be given a FDE of 42.2k until an amended FDE can be calculated in later years. This will disadvantage participants compared to those doing “road” marathons).
 - All half marathons (conditions as above for “marathons”)
 - Six Foot Track (FDE 60 km)
 - Brindabella Classic (FDE 60km)
 - Mt Wilson to Bilpin bush run (FDE 38.5 km)
 - “Flat 10 km Time Trial” (held on last Saturday of each second month).
 - Other fun runs of AA certified distance 10 km or more.
2. The finishing times of all participants will be adjusted for age and gender using the “WAVA AG Ratings” tables. This will give a rating for the performance out of 1,000.
3. The seven (7) best AG Rating scores will be accumulated for each participant.
4. Races which are conducted over a course which have a FDE of 40 km or more will count as 2 races towards the 7 required, if appropriate. (This would mean that a participant who completed 2 marathons would only have to complete 3 more events - which have a race distance of 10 km or more - to complete the series).
5. For other than the “Flat Time Trials” it will be the responsibility of the participant to obtain and submit a copy of the Official Result Sheets to the Results Coordinator for verification of race results. Hand-written certificates may be accepted in special circumstances. This will be at the discretion of the Trotters Committee.

6. A progressive pointscore will be displayed on the “Super 7 Series” notice board at Trotters on Saturday mornings for all races completed by participants. Final placings in the Series will be revealed at the Trotter of the Year presentation night in August.

7. Trophies will be presented at the Trotter of the Year night to the top 15% of competitors. That is, if there are 30 participants who complete 7 qualifying races in the Series, then trophies will be awarded to 1st to 5th places. If 65 participants, then presentations will be made to 1st to 10th places.

8. It is a condition of entry to the competition that you enter races in your own name! That is, you cannot compete under another runner’s name if they pre-enter and then withdraw for reasons such as injury, illness etc.
This condition will be strictly enforced throughout the duration of the Series.

9. Entry is **FREE!**

10. Examples of how the Series works are set out on page 3.

SPECIAL QUALIFICATION

At its August 2004 meeting, the Trotters Committee resolved that the competition will be open to Trotters who have attended at least 14 Saturday runs (for a member who was on the books at 1 June of the Race Series Year) or pro rata for members who start with Trotters after that date (rounded up).

This is to ensure that the competition is conducted for those members who are genuinely committed to the Club and its ideologies.

“DEBUT HALF-MARATHON” AND “DEBUT MARATHON” AWARDS

In an endeavour to openly encourage Trotters to compete in longer distance races, two (2) new awards were introduced into the club during the 2002/03 race year.

Trophies are awarded to the runner who achieves the highest AG Points (calculated using the “WAVA AG Ratings” tables) for their debut half-marathon or debut marathon.

Note that this must be the competitor’s first ever half-marathon or marathon – not simply their first as a member of Trotters.

Conditions applying:

Half-marathon:	Open to all members
Marathon:	Restricted to members aged 18 years and over

RACE CALENDAR YEAR

For all of the awards mentioned above, the Race Calendar Year covers the period 1 June to 31 May of the following year.

EXAMPLES OF HOW THE “AG POINTSCORE” SYSTEM WORKS

Example 1

Kevin, Murray, Adam, Erin, Sandy and Margaret all compete in the Sydney Marathon.

Their finishing times are as per the table below which also shows their calculated AG Points for the race.

This allows their performance to be compared, one against the other.

NAME	AGE	ACTUAL TIME (hrs/mins/secs)	ACTUAL TIME (secs)	WAVA STANDARD (secs)	AG POINTS
Kevin	57	2:52:13	10,333	8,839	855.4
Murray	45	3:15:43	11,743	8,022	683.1
Adam	27	2:42:55	9,775	7,610	778.5
Erin	21	3:08:45	11,325	8,331	735.6
Sandy	35	3:22:25	12,145	8,331	686.0
Margaret	46	3:00:01	10,801	8,986	832.0

It can therefore be seen that the performance of Kevin with 855.4 points is the best, in spite of Adam having run a 10 minute quicker time than him.

Second is Margaret with 832.0 points and third would be Adam with 778.5 points.

Example 2

Trotter’s members attend the Kempsey Race Series and compete in different races.

In spite of the different race distances, the table below shows how we can compare results achieved against each other, taking into account age and gender.

NAME	RACE DISTANCE	AGE	ACTUAL TIME (hrs/mins/secs)	ACTUAL TIME (secs)	WAVA STANDARD (secs)	AG POINTS
Ken	Marathon	40	2:48:54	10,134	7,738	763.6
Susan	Half Mar	55	1:48:24	6,504	4,672	718.3
John	10 k	22	34:26	2,066	1,618.4	783.3
Mark	Half Mar	46	72:13	4,333	3,835	885.1
Tony	Marathon	42	3:18:06	11,886	7,849	660.4
Wayne	10 k	28	36:32	2,192	1,618.4	738.3

In this example, the best performance on the day is that by Mark with 885.1 points followed by John with 783.3 points and then Ken with 763.6 points.

Summary of Results

The “AG Points System” allows all of the results obtained above to be compared against each other. Therefore, the ranking of performances in order of merit results in the following:

1 st Mark (885.1)	2 nd Kevin (855.4)	3 rd Margaret (832.0)
4 th John (783.3)	5 th Adam (778.5)	6 th Ken (763.6)
7 th Wayne (738.3)	8 th Erin (735.6)	9 th Susan (718.3)
10 th Sandy (686.0)	11 th Murray (683.1)	12 th Tony (660.4)

Having said that, it is also important to note that Ken and Tony are granted the “equivalent” of 2 races for have completed the marathon. They therefore only have to do another 5 races to complete the 7 races required for the Series. All other competitors still have 6 races to do.