

Road Race Championship 2022/23

So, now that road racing has returned to some form of normalcy, it seems appropriate to re-instate the Club's Roads Race Championship (Hurray !!!). It will kick off later this month starting with the Sale Sizzlers, and will continue through until May 2023, concluding with the super-fast Christleton 5K. It will be conducted along the same lines as previously, using Age Graded Performance, to determine overall positions. Detail are as follows:

Format of the 2022/23 ADAC Road Race Championship

- The Championship will be based on a specific list of races (see below).
- To qualify for the Championship you will need to have competed in at least 5 of the listed races, and covering more than one distance (i.e. cannot qualify with 5 x 5K races).
- If you have run in more than 5 races your best 5 age graded performances will count.
- As the year progresses, and in the final analysis, your 5 best age graded performances will be added together and averaged.
- The overall Championship will be based on the best average age graded performance across the year.
- Because Age Grading takes account of gender there is no need for separate championships – males and females will compete against each other.
- The age grading will be arrived at by using the Masters Athletics Age-Graded Calculator.

Qualifying races are as follows:

1. Sale Sizzler 5K x 4	30/6, 14/7, 28/7, 11/8 (best of 4 to count)
2. Wilmslow Summer 10K	10/7/22
3. Birchwood 10K	21/8/22
4. Mid Cheshire Summer 5K	26/8/22
5. Altrincham 10K	4/9/22
6. Mcr Half Marathon	9/10/22
7. Knutsford 10K	16/10/22
8. Preston 10 Mile	20/11/22
9. Stockport 10 Mile	20/11/22
10. Wilmslow Festive 10K	27/11/22
11. Alsager 5 Mile	(tbc Early Feb 2023?)
12. Alderley By-Pass 5 Mile	19/2/23
13. Alderley By-Pass 10 Mile	19/2/23
14. Wilmslow Half Marathon	26/3/23
15. Salford 10K	7/4/23
16. Mid Cheshire Spring 5K	(tbc Late April 2023?)
17. Christleton 5K	(tbc Mid May 2023?)
18. Any Marathon	(see below)
19. Any Parkrun	(see below)

“Any Marathon” and “Any Parkrun” – club members will have the opportunity to include their best Marathon and/or Parkrun in the final figures. The runs must have taken place between 1st July 2022 and 30th April 2023 to count. I will send out a reminder for you to provide me with details towards the end of the process.

So come on everybody there is plenty to go at, get entering these races and let's get involved!!

Cheers Dave