

## **The Friendly Competition - 2023**

### Weekly Prizes

Winners (first across the line) from each week will be presented medals at our end of season dinner.

### Consistency Competition

To encourage regular participation, we have a consistency competition. Point scoring = 20 for first, 19 for second etc. until 11th onwards all get 10. The 3 divisions for our races are scored separately. The more points you earn the more chance you have to win and end of season trophy. To be awarded points you need to run in and complete the actual race.

#### **Exceptions:**

- A new athlete may not place (in the top 10 in the results sheet) in the individual's first 3 events and will be awarded a maximum of 10 consistency club points for each of these events. Note: this is not the case for scratch races at the beginning of the season. (scratch NOT sealed handicap) In these races new runners are able to place.
- If you run a PB in the first race of the season (Heritage Forest) from last years' best run you will be awarded 20 *extra* consistency points.
- Athletes who compete in a different division for school series so therefore do not run in their preferred (chosen) division, will receive 10 consistency points in the division they normally run and no points in the division of their run.
- There will be no consistency points for the Mt Barrow run.

**End of Season Trophies** to be awarded to no more than 50% of participants in the division, to a maximum of 10 positions, ie only 10 runners in the division means only 5 trophies will be awarded, 50 runners, there will be 10 trophies.

### Personal Best Challenge

To encourage performance improvement over the season.

We will be comparing your speed with last season's matching venue. Obviously new runners and runners who previously competed in a different division last season will not be eligible for this challenge however they will be setting their standard for next years competition. We have a list of races that we will be calculating your PB challenge from. (see our calendar) The aim is to beat your time for that specific race from last year. Good Luck!

We are rewarding 1<sup>st</sup> and Runner Up in each division for this competition. In the event of a tie we will calculate the winner by the best % increase in your Personal Km rate for the season.

### School Series Competition

Our yearly school series competition. Prizes, medals and Trophies will be awarded on the last run of the series. See school series information for more details on this competition.

**Northern All School Competition:**

This event is held at Carrick Park Pacing Club with medals for age group winners on the day (and is also part of the school series competition)

**Club champions:**

Fastest Male and Fastest Female in each division at each event will get one point towards Club champion award. If there is a **tie** two Club Champions will be awarded.

**Long term clubber:**

Athletes that have completed in the club for an extended period of time will be rewarded for your loyalty. Caveat: as we only have results from 2010 the calculations will be from this date. We apologise to those runners that have been with the club predating this time but this issue is beyond our control.

- 100 weeks competed – receive a certificate at the end of season dinner and a badge for your club singlet
- 150 weeks competed – receive a certificate at the end of season dinner and a badge for your club singlet
- 200 weeks competed – special commemorative club t’shirt and a certificate.