

Dumfries Running Club

Club Events and Competitions

General

The club organises for the benefit of members several events/competitions in the course of the year. Some events are races open to all, some are internal club competitions, and some are individual standard competitions. This paper gives notice of the rules adopted for each event.

Grand Prix

The Grand Prix is a Club competition organised by the Club Captain/Captains which involves the best performances from a series of races. The races are over a variety of distances and types and must be permitted. There is a female and male competition. Points are awarded for each race – 30 points for the first female and male, 29 for second, etc. One point is added for participation in a race. The qualifying races will be notified by the Captains at the start of the race season by email, the Club Facebook page and Club website.

A table showing the standings in the Series is maintained by the Club Captain/Captains and displayed on the Club website.

Prizes are awarded for the total points from the best five races. Prizes are for first, second and third female and male. First V35, V45 and V55 Female and First V40, V50 and V60 Male also are awarded a prize. The age group is determined by age on the first event in the Grand Prix Series. The prizes are awarded at the Club's annual awards dinner dance.

Members participating in Grand Prix events must enter showing the Club name and must wear club colours. It is for members to ensure that race results show that they ran as a member of Dumfries Running Club, this may involve contacting the race organiser. The Committee will consider cases where the results do not show a member as having entered as a DRC member and the error has not been corrected on the results despite notification by the member.

Club Championship

The Club Championship is a race nominated by the Club Captain/Captains to determine the best single race performances by members. The first female and male are awarded the accolade of being the Club champion, awards are also made to the second and third females and males.

The race distance will vary from year to year. The qualifying permitted race will be notified by the Captains at the start of the race season by email, the Club Facebook page and Club website. The prizes are awarded at the Club's annual awards dinner dance.

Members participating in Club Championship events must enter showing the Club name and must wear club colours. It is for members to ensure that the race results show that they ran as a member of Dumfries Running Club, this may involve contacting the race organiser. The Committee will consider cases where the results do not show a member as having entered as a DRC member and the error has not been corrected on the results despite notification by the member.

Club Standards Award

The Club operates an Athlete Standard Awards scheme. This allows members to set personal targets relative to their age category over a variety of distances. The standards are based on the standards set by the UK Road Runners Club (RRC). A certificate confirming the award is presented at the annual awards dinner dance.

Certificates for Gold Plus, Gold, Silver and Bronze are awarded to members who achieve times in their age category in the calendar year in any three of seven distance groups in tables that are available on the Club website. Only officially measured courses may be used for the purposes of the scheme.

Race results confirming times achieved should be submitted via a Club Standards Award Form which is on the Club website. The completed form should be sent to the award's administrator, Les Hill, at standards@dumfriesrunningclub.org.uk for verification.

There are other distances recognised by the RRC. Members wanting a race time to be considered for the awards scheme for a distance not shown on the Club website should forward details of the race to the award's administrator.

Club Racer Award

The Club Racer Award is an acknowledgement that a member has taken part in the Grand Prix races in the course of the race season. They must have completed a race in the each of the first three distance groups identified in the Club Standards Award scheme. The Dumfries Half marathon is also a qualifying race along with the Moffat 15K (Group 1). Details of the groups are on the Club website.

Members participating in Grand Prix events for a Racer Award must enter showing the Club name and must wear club colours. It is for members to ensure that race results show that they ran as a member of Dumfries Running Club, this may involve contacting the race organiser. The Committee will consider cases where the results do not show a member as having entered as a DRC member and the error has not been corrected on the results despite notification by the member.

Race results confirming times achieved should be sent to the award's administrator. A certificate confirming the award is presented at the annual awards dinner.

Cross Country Championship

A suitable cross-country race will be chosen by the Captain/Captains each season to determine the Club female and male champions for this discipline. The qualifying race will be notified by the Captains at the start of the race season on the Club Facebook page and Club web page. The prizes are awarded at the Club's annual dinner dance. The female and male champions will each receive a trophy at the annual awards dinner.

Members participating in the Cross-Country Championship must enter showing the Club name and must wear club colours. It is for members to ensure that the race results show that they ran as a member of Dumfries Running Club, this may involve contacting the race organiser. The Committee will consider cases where the results do not show a member as having entered as a DRC member and the error has not been corrected on the results despite notification by the member.

Hill Championship

A suitable hill race will be chosen by the Captain/Captains each season to determine the Club female and male champions for this discipline. The qualifying races will be notified by the Captains at the start of the race season on the Club Facebook page and Club web page. The prizes are awarded at the Club's annual dinner dance. The female and male champions will each receive a trophy at the annual awards dinner.

Members participating in the Hill Championship must enter showing the Club name and must wear club colours. It is for members to ensure that the race result show that they ran as a member of Dumfries Running Club, this may involve contacting the race organiser. The Committee will consider cases where the results do not show a member as having entered as a DRC member and the error has not been corrected on the results despite notification by the member.

Parkrun Championship

An award is made for the best member performance in the Crichton Parkrun. The purpose of this event is to have a competition where all runners are on a comparable basis of performance. The grading system takes account of gender and age – it allows ladies to be compared to men and more senior runners to be compared to younger ones. The runner with the best percentage performance throughout the year will be presented with a trophy at the annual awards dinner.

Members participating in the Parkrun must enter showing the Club name.

Christmas Handicap

This is a handicap event which takes place on a Sunday morning before Christmas decided by the Committee. It currently takes place over the Hollywood Stroll 5 Mile Road Race route, though the actual distance may be varied. Notification of the event is by email, Facebook and the Club website. Entry is restricted to Club members and each participant brings along a Christmas gift to the value of five pounds as an entry fee. Runners estimate the time that they hope to do the run and handicapped starts are calculated with the aim that all competitors finish around the same time. No timing

devices are allowed to be worn or carried. The runner closest to their estimated time is the winner.

The winner is presented with a trophy on the day and again at the annual awards dinner. The Christmas gifts/prizes submitted by participants are pooled and awarded/picked in order of all the participants finishing slower than their estimated time, then the order changes to the participant who finished just before the winner and moves towards the participant who crossed the line first.

The event is organised by Les Hill. Assistance is required to record the results at the finish.

Club Organised Races

The Club directly organises or is involved with several open races in the course of a season. Along with directly organising the Dumfries Half Marathon and the Hollywood Stroll Five Mile Road Race the Club assists with the Criffel Hill Race and the Gelston Five Mile Road Race.

The Club has accumulated all the necessary race equipment used at the events. Distance markers, warning signs, finish equipment and water bottles are stored by Richard McDougal. Start/finish flags, Club flags, tables and Club event tent are stored by Sandy Shankland

Dumfries Half Marathon

This race was established in 1981 and has used a variety of routes over the years. The race is the responsibility of a Race Organiser appointed by the Committee. The Race Organiser has autonomy to organise the race in the manner they feel is appropriate and are required to give regular update reports to the Committee. It is the Club's primary race and is targeted at all comers.

The Race Organiser makes all the necessary arrangements, including Scottish Athletics permit application; notification to the local authority and Police Scotland; advertising the event; make provision for entries; booking of any venues required; notifying adjoining properties to the route; organising first-aid cover; appointing staff to marshal, assist with finish and produce results; arranging hand-outs to finishers.

Club members have a key part to play by assisting at the event, it is only with member involvement that the race can take place.

The current Race organiser is Mark Johnston and the route used is out and back from Dumfries and Galloway College. It takes place in late September each year.

Hollywood Stroll Five Mile Road Race

This race was established in 1993 and has always used the same route. The race is the responsibility of a Race Organiser appointed by the Committee. The Race Organiser has autonomy to organise the race in the manner they feel is appropriate and are required to give regular update reports to the Committee. It is intended to be a low-key race mainly targeted at club runners

The Race Organiser makes all the necessary arrangements, including Scottish Athletics permit application; notification to the local authority and Police Scotland; advertising the event; make provision for entries; booking of any venues required; notifying adjoining properties to the route; organising first-aid cover; appointing staff to marshal, assist with finish and produce result.

Club members have a key part to play by assisting at the event, it is only with member involvement that the race can take place.

The current Race organiser is David Burns and the route used is out and back from the foot of the Dumfries By-Pass on the road leading to Hollywood Fish Farm. It takes place on the second Tuesday in May each year.

Criffel Hill Race

This long-standing hill race was in danger of ceasing until club member Ranjit Thomas took over the organisation with the full support of the Club.

Ranjit organises all aspects of the race with the Club supporting to take entries, timekeeping, results, use of Club race equipment and providing the Club website as a notification platform.

The race route is from New Abbey to the summit of Criffel, via Knockendoch, and back. It takes place on a Sunday in March each year.

Gelston Five Mile Road Race

This race was traditionally part of Castle Douglas Civic Week celebrations. The organisation has been taken over by Club member Bob Green with the full support of the Club.

Bob organises all aspects of the race with the Club obtaining the Scottish Athletics permit and providing support with entries, the use of Club equipment along with the Club website as a notification platform.

The race is over a clockwise circulatory route, which starts and finishes at Carlingwark Park (Castle Douglas), over country roads through Gelston village. It takes place on a Tuesday evening at the end of July each year.