

Ely Runners: Best All-Rounder (BAR) Competition

The ER BAR is a points league for all senior members.

Rules:

- 1) Best 7 race positions/ AG% positions to score, as defined below. If 7 scores not achieved, addition scores of $n=(\text{number of senior members at the start of the competition})$ will be counted for each blank.
- 2) An additional 1 point may be scored for marshalling or other organising work at an event promoted by the Club. Plus n points scored if no marshalling or organising undertaken before 30th November. Chief Marshal's word shall be final.
- 3) Only two scores per race category may count.
- 4) **Lowest score (minimum 8) wins.** Additional best scores will be taken into consideration in the event of any tie.
- 5) Top 4-10 Male & Female seniors at 30th November will receive medal. Top 3 will receive shield. 1st will receive Perpetual cup.

Score at the start of the competition will be 8 times number of senior members, and score will be reduced as counting events are completed. E.g. If there are 200 senior members at the start of the competition, everyone's opening score will be $8 \times 200 = 1600$. If in the first scoring race you are 10th female Ely Runner, your score will reduce to 1410. If you go on to be 10th female Ely Runner in 7 counting races and marshal at least once, your end of season score will be 71.

Club races

- Midsummer 10k (AG% Position)
- Club Mile (AG% Position)
- Club XC Championship (AG% Position)
- Summer Picnic Race - Littleport 10k (ER Gender Position)

Kevin Henry League

- 6 races (Best ER Gender Position)

Frostbite Friendly League

- 6 races (Best ER Gender Position)

County XC Championships races open to Sen, Masters, U23 or U19
(Best ER Gender Position)

County Track Championship events open to Sen, Masters, U23, or U19 (Best ER Gender Position)

Cambridgeshire Road Race League (Best ER Gender Position)

- Thorney 10k, March 26
- Cambridge Camborne 10k, April 2
- Eye 10k, May 14
- Ramsey 10k, June 25
- St Ives 10k, July 16
- Thorney 5
- NVH 5k
- Fenland 10