Collingwood AC
Club Age-Graded Competitions
Rules & Explanation

Club Age-Graded Competitions Explanation

1) There are two annual Collingwood AC Age-Graded Competitions, one for male members and one for female members.

2) The Age-Graded Competitions are intended to recognise the best male and female runners, when age is taken into consideration to judge their performances, when competing in races over a variety of distances and surfaces, during the qualifying year.

3) The qualifying year runs from April 1st until March 31st of the following year.

4) The Club Age-Graded Competitions are open to all competing club members, who have paid their annual subscriptions.

5) If a new member joins during the qualifying year, only races that they compete in after joining the club will count towards the Club Age-Graded Competitions.

6) The Age-Graded Competition trophies are awarded at the AGM.

7) The objectives of the competitions are:
> to encourage members to represent the club in local races;
> to encourage members to compete in and support local races; and
> to create a friendly competitiveness within the club.

8) The two Club Age-Graded Competitions are designed to support and complement the two Club Championships and the two Club Handicap Competitions.

Nominated Races for the Club Age-Graded Competitions

9) Only races that are selected as nominated races in the Club Championships during the qualifying year are eligible for the two Club Age-Graded Competitions. (Please refer to the Rules & Explanation of the Club Championships for full details.)

10) A member can compete in as many of the nominated races as they wish.

11) All three Near-as-damn-it 10km races will be separately scored.

12) All September marathons will be separately scored.

13) All three Surrey Classic 10km races will be separately scored.

14) All parkrun weekends in March (both the events at Banstead Woods and Roundshaw Downs) will be separately scored.

Points Scoring in the Club Age-Graded Competitions

15) The Club Age-Graded Competitions are calculated by awarding points based solely on the official finishing times in the nominated races. The results published on the club website will be used to calculate the points.

16) If a race result is given using a 'Chip Time' and a 'Gun Time', then the 'Chip Time' will be used to calculate the points awarded for that race.

17) Club members must complete in a nominated race wearing a club vest or club top to score points in the Club Age-Graded Competitions.

18) A club member nominated by the committee will administer the points scoring system. They will also have discretion as to whether a race result is included or not, where for example there are issues with the race or a member's result.

19) An internet based tool will be used to calculate the member's age-graded percentage.

20) Three bonus points are awarded for all the Surrey Road League races, the Surrey Cross-Country League fixtures (for both men and women) and the East Surrey Road League events. The bonus points are awarded in recognition of the fact that the member is representing the club in these events and not merely running for themselves.

21) The winner of each Club Age-Graded Competition is the first claim member scoring the highest points total from the nominated races in which they compete during the qualifying year. Every nominated race that is run by a member

counts towards their points total. Second claim members will be scored and appear in the results, but are not eligible to win the Club Age-Graded Competition Trophy.

22) The idea of the Age-Graded System is to give every club member an equal chance of getting maximum points in their races that they run and therefore giving them an equal chance of winning a Club Age-Graded Competition. This is achieved by judging performance not simply on the member's time in a race, but on their time when their age and gender are taken into consideration.

23) Male and female members will be jointly scored in all races apart from the four Surrey Cross-Country League Fixtures, which are single sex events and as such will be scored separately.

24) If there is a tie for any place in the overall standings, the member scoring the most points in the Surrey Cross-Country League Fixtures will be adjudged to have finished higher. If there is still a tie, the member who has competed in the most nominated races will be adjudged to have finished higher. If there is still a tie, the member with the highest 10km age-graded percentage in a nominated race will be adjudged to have finished higher.

25) Regular updates on the current position in the scoring table will be shown on the club website and in the Club Newsletter.

An Explanation of Age-Grading

26) Age-Graded Scoring allows all individuals within a race to be 'scored' against each other. That is done by first comparing the individual's finish time at that particular race distance to an 'ideal' or best time (not necessarily the 'world record') achievable for that individual's age and gender.

27) Age-Graded Scoring utilizes statistical tables to compare the performances of individual athletes at different distances, between different events, or against other athletes of either gender and/or of any age.

28) Let's say a 55-year old male runs a marathon in 3:00:27. He would receive an Age-Graded Score of 80.21%. That is because, according to the Age-Graded Scoring tables, the 'ideal' finish time for a 55-year old male is 2:24:22, and that's about 20% faster (about 36 minutes) than our 55-year old ran.

Now let's say that a 27-year old male ran the same marathon in 2:45:47. Obviously, that is faster than our 55-year old. But is the performance of the younger runner really 'better' when compared with that of a man more than twice his age? The answer is, 'No!' In fact, the Age-Graded score of the 25-year old is only 76.51%.

29) A score within each 'Achievement Level' range indicates the level of performance achieved by a runner:

- 100% = Approximate World Record Level
- 90-99% = World Class
- 80-89% = National Class
- 70-79% = Regional Class
- 60-69% = Local Class

An Illustration of the Points Scoring System

30) To illustrate how points are scored, The Dave Clark 5km Race held on Thursday, 3rd May 2007 is used as an example. Five club members competed in this race.

Members	Race Time
Andy Stalley	20.53
Chris Fitzgerald	23.44
Colin Wilkie	24.53
Ruth Cottam	25.07
John Allen	25.57

Next their race time is entered into an Internet based age-grading calculator.

Members	Race Time	Age-Grade (%)
Andy Stalley	20.53	65.48
Chris Fitzgerald	23.44	59.35
Colin Wilkie	24.53	58.85
Ruth Cottam	25.07	60.67
John Allen	25.57	61.02

Points are awarded based on the age-graded percentage. So, Andy was the fastest for his age, followed by John, who moved from fifth place on straight time to second on age-grading. As five members completed the race, points were awarded in order of their age-graded percentage; so, 5, 4, 3, 2 and 1 point are awarded.

Members	Race Time	Age-Grade (%)	Race Points
Andy Stalley	20.53	65.48	5
John Allen	25.57	61.02	4
Ruth Cottam	25.07	60.67	3
Chris Fitzgerald	23.44	59.35	2
Colin Wilkie	24.53	58.85	1

No bonus points were awarded as this race was not one of the Surrey Road League races, the Surrey Cross-Country League fixtures (for both men and women) and the East Surrey Road League events.