

ITRC Club Championship Scoring System

Below is how the ITRC Club Championship Scoring System works (as of January 2019).

- 1) First set of points are based on your ITRC finishing position in the race (not overall race position, just between members of the club). You will be allocated points starting at Maximum 40 for 1st, decreasing by 2 points every position. Eg 2nd – 38, 3rd 36, 4th 34 etc etc.

The Male & Female championship scoring is split so 1st male gets 40 and 1st Female get 40 etc.

- 2) The second set of points are calculated using the National Age Grading Calculator here: <http://www.howardgrubb.co.uk/athletics/wmaroad15.html>

It's basically a method of scoring races so that the oldest and the youngest runners can still "compete" head to head for the championship, even though they may not be racing for the finish line next to one another. Example a 60yo could finish 40th in a race and get an age grading of 90% whereas a 30yo could finish 3rd but only get an age grading of 65% depending on the performance of each athlete.

As the calculator is for flat 'road races' we use another formula that takes into account the ascent in each race and this then gives us an equivalent (longer) race distance to input.

Once we input these details into the calculator, this then give us an 'age grading' percentage for each runner which will then in turn allocate you points starting again at maximum 40. This works in a descending scale for every 2% as follows:

| | |
|---------|------|
| 99-100% | - 40 |
| 97-98% | - 39 |
| 95-96% | - 38 |
| 93-94% | - 37 |
| Etc | |

- 3) So, the maximum score you can get is 80 points per race, that is if you are 1st ITRC and your Age-Grading percentage is 100% (very rare to see this).

In addition to this you also receive an additional 1 point for every club championship race you compete. So if you ran 12 races you will have 12 points added to the total score from your best 6 races. This is to encourage participation at championship events and potentially offer a more competitive championship.