

Championship Rules

- You must be a fully paid up senior member.
- You must be first claim.
- You must wear a Rothwell Harriers vest, except; in a major event if you are running for charity and wearing a charity vest; you are competing for a region or nation, and have to wear their vest. Having said that this could be hard to police for your wildcard, so there is every chance that if you decide to sport that pretty pink skimpy little number, you will get away with it.
- With the exception of 1 wildcard race per season, only club races as shown on the club race list count.
- You must run under your own name. If you run with someone else's number and have not informed the organiser then you will be disqualified from the full season's championship. As well as being a pain for the scorer, this is a serious health and safety issue.
- You must not exhibit any forms of positive emotion during a race, for example a smile.

Wildcard races

- You must give 4 days' notice to the clubs scorer per your selected wildcard (e-mail Paul: pschoward@ibbotson.me.uk)
- The race must be a standard certified distance i.e. only 5k, 5M, 10k, 10M, ½ Marathon or Marathon will count. - No allowance will be made for terrain, undulations, weather, being overweight or running rubbish.
- The race must take place before 31st October of the championship year (this is so everyone knows where they are in the championship come the exciting climax of the last few races).
- 'parkruns' cannot be run as wildcards (nor will count for club records).
- Should there be an error on the organisers part, and the results are cocked up, then a runner may select another wildcard post-race (if the initial chosen / ballsed up wildcard was run in October, then this can be the exception to the run the wildcard by end of October rule, and the innocent runner, may have up to the end of November to run another race – beyond that tough cheese). The result of the race with the error, cannot count, since it's just too damned complex to sort out and remain thoroughly fair to all.
- You can only nominate once, if for any reason you cannot start the race or do not complete it you have still used your 'wild card'.
- The scorer's decision is final.