

## **HELP Newsletter - November 2006**

1) There has often been confusion how the club's cross country championships are awarded. The committee have decided on a formula, as follows:

- A) Individuals will be scored on their best four results from any of the following events - any of the Borders League races, any of the East District races, the East District XC Championships or the National XC championships.
- B) Individuals will be scored for each race as a percentage of their position in the race. e.g. someone finishing 30th in a race with 120 runners would score  $30/120 \times 100 = 25\%$ .
- C) The individual's four best results will be averaged to establish that members overall score.
- D) Awards will be made to the first lady, first man, first lady vet and first men vet.

2) Other matters discussed at the committee:

- A) The Belhaven Best Boundary Race on 7 April 2007 will be the club's 10k handicap race.
- B) The club are to receive two entries for the 2007 London Marathon. Priority will go to members who have a failed application and after that names will go in the hat. Expressions of interest to Joe Forte.
- C) Ideas for social events should be directed to committee members.

Sandy Wallace - Club Chairman