



2010 Silson Road Running Challenge for the Dr Frank Newton Cup

After a successful first season, the Silson Road Running Challenge (SRRC) is back for 2010. The format will be similar to 2009 but with a modification to the scoring system intended to open the competition up a bit.

What is the Silson Road Running Challenge?

The Silson Road Running Challenge is a club competition that takes place across thirteen local road races between May and September

Who can enter?

The SRRC is open to all senior club members. Competitors must enter races as a Silson Jogger and must run in club colours.

How do I register?

All you need to do is to [e-mail](mailto:brian.keers@silsonjoggers.org.uk) Brian Keers by Friday 30th April confirming that you want to register for the SRRC. You will also need to confirm your date of birth and age on 30th April.

No registrations for the SRRC can be accepted after 30th April.

Which are the 2010 qualifying races?

Great Weston 5	Monday 3 rd May	Website
Blisworth 5K	Friday 7 th May	Website NAA
Rugby 6	Wednesday 12 th May	Website EMGP
Bedford 6	Tuesday 18 th May	Website EMGP
Weedon 10K	Tuesday 1 st June	Website EMGP/NAA
Brackley F1 Chicken Run	Saturday 12 th June	Website
Harborough 5	Tuesday 15 th June	Website EMGP
Milton Keynes 10K	Tuesday 29 th June	Website EMGP
Wellingborough 5	Sunday 1 st August	Website NAA
Blisworth 5 M	Friday 6 th August	Website NAA
Moulton 10K	Sunday 29 th August	Website NAA
Cransley Hospice Half Marathon	Sunday 19 th September	Website NAA
Daventry 6M	Sunday 3 rd October	Website NAA

The chosen races are a mix of distances, weekends and weekdays to allow the greatest number of members to compete



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What's the scoring system?

There are thirteen qualifying races and each competitor can enter as many as they like but only the seven best (lowest) scores will count towards the Challenge final placings. Scores will be awarded on the basis of the competitor's time as a percentage of the fastest time in their age group.

E.g. Fastest time: 30:46
 Member's time: 43:34 (141.6% of fastest time)
 Points 142

New for 2010, each competitor can nominate four races and in each of these four races there will be a 10 point reduction in the competitor's score for every 30 seconds that the competitor beats his/her 2009 time. **Race nominations must be made by Friday 30th April.**

If a competitor is new to the SRRC they will be given a target time (this will be decided by the Mens Team Captain, the Ladies Team Captain and the Challenge Coordinator – their decision will be final)

E.g. Fastest time: 30:46
 Member's time: 43:34 (141.6% of fastest time) and 1 minute faster than 2009
 Points 142 – 20 = 122

Competitors will be e-mailed with scores and league table as soon as possible after each set of race results are published.

What can I win?

The overall winner receives the Dr Frank Newton Cup (2009 winner Andy Pacey) and there will be an award for the overall winner and for the male/female winner in the following categories

Senior M	Senior F
M35	F35
M40	F40
M45	F45
M50	F50
M55	F55
M60	F60
M65	F65

If there are less than three competitors in an age category those competitors will be allocated to the category below.

Where can I get further information?

Please contact Brian by [e-mail](#) or by calling 07778 038458



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