



Silson Joggers Winter Cup 2008/2009

Points scoring system

1. The Winter Cup competition comprises 7 races run at approximately 1-month intervals: race 1 (1.6 miles), race 2 (2.5 miles), race 3 (3.1 miles), race 4 (1.6 miles), race 5 (2.5 miles), race 6 (3.1 miles), race 7 (6.2 miles)
2. The points scoring system for each of races 1, 2 and 3 is:
 - 100 points for completing the race
 - 50 points for achieving the target time
 - 1 additional point for each second by which the target time is beaten, up to a maximum of 50 additional points.
3. The points scoring system for each of races 4, 5, 6 and 7 is:
 - 100 points for completing the race
 - 50 points for achieving the target time
 - 2 additional points for each second by which the target time is beaten, up to a maximum of 100 additional points.
4. The total points score for the competition will be the aggregate of the points for race 7, plus the best (i.e. highest scoring) 4 other races, with the following provisos:
 - the 4 other races must include one at 1.6 miles, one at 2.5 miles, and one at 3.1 miles
 - 50 points will be added to the aggregate for any additional race (other than race 7 and the best 4 other) in which the target time is achieved.
5. The decision of the timekeeper/scorer is final.