**CLUB CHAMPIONSHIP 2018**

There will be a CLUB CHAMPIONSHIP competition in 2018 for the following 8 categories. Each competition will lead to an overall Club Champion. Each competition will have male and female under 50 and over 50 category.

**Duathlon:** Ripon Hornblower and 4 Club Races Best 2 to count.

**Park Run:** Best individual age-graded percentage achieved over the year.

**Local Run:** 3 of 7 nominated races to count. Nominated races are Jolly Holly Jog (2017), Muddy Boots 10k, Fountains 10k, Ripon 10 miles , Melmerby 10k, Burn Valley Half Marathon and Grewelthorpe13k.

**One Mile Swim:** 1 timed swim each month. Best 3 from 4 months to count.

For each of the following, any member who wishes to be considered for the championship should submit their results in the races that they want to count to Tim Broomfield. They should make their submission during September or October 2018.

**Sprint Triathlon:** Best 2 of any races

**Standard Triathlon:** Best 2 of any races.

**Half IM/70.3** or equivalent distances: Best race of any races.

**Full IM** or equivalent distances: Best race of any races.