

Everything you ever wanted to know about the West Cheshire AC Endurance League...

John Driscoll has, since 2008, organised West Cheshire AC's annual endurance league. The purpose of the league is not to find the fastest runner in the club, but to encourage and reward both participation in a variety of club-based events and individual improvement. Some key points:

- **Structure:** The league is split into male and female competitions.
- **Time period:** calendar year, ie January to December, with monthly tables issued by John.
- **Where can the tables be found?** Under **Endurance League**, halfway down the [road running page](#) of the club website, which is accessible from the top of the [home page](#) by clicking Races – Road Running. Links to the tables are also posted monthly on the WCAC Road Running [Facebook](#) page.
- **Who is included?** All senior and veteran club members, who have paid their club membership subs. Sorry, no juniors, to avoid burn-out from over-racing: those who race most tend to finish higher up the league!
- **Prizes** go to the first three men and first three women, and are awarded at the club presentation evening, usually in February.
- **What events count?** Running races on any surface with official results, no shorter than 3000m on the track and 5km elsewhere. Also shorter relays (eg Alderford Lake), as they encourage club runners to turn up at races in big numbers.
- **What events don't count?** parkruns, unless you equal or beat your handicap (see **Road Performance Points** below).
- **How do I check which of my races have counted?** Go to latest tables, halfway down the website [road running page](#); compare your totals in the **Number of Races** columns in the previous month's table to those for the current month; check the latest version of the "list of races in which points were gained" for races you ran; if any are missing, contact John at jld@sunnyfield.co.uk, providing a link to results, eg [powerof10](#).
- **How are points won?** Your Total Points score in the monthly and final tables is made up of the single point you get for each race that you do, summed for the year to date under "Total Races" in the monthly table, and Bonus points – the higher your Total Points, the higher your league position. A *single bonus point* is awarded for:
 - **Participation in Leagues and championships** that the club is affiliated to, in cross-country, track, multi-terrain and road, eg Borders; Wirral Multi-Terrain; Cheshire Grand Prix; North Wales, North Staffs, Manchester Area, and Liverpool and District Cross-country Leagues; Cheshire Track and Field League; any official county, regional, or national championship, including relays.

- **Team points:** Being part of a full senior team in any of the above league or championship races, (except Wirral Multi-Terrain, following members' comments). This is to encourage club members to turn up in significant numbers at races.
- **Distance points:** one for your first race each year between 15 and 20 miles (25-32km); *two* for first race at over 20 miles up to a marathon, *three* for first race longer than a marathon.
- **Road Performance Points:** By bettering your expected time based on your handicap for road running, set by John, based on your recent times over road race distances. It is shown next to your name in the monthly tables, as at both the end of last year's competition and now (the faster you run, the lower the number!). An explanation of the handicap system is available from John on request.
- **Track Performance Points:** By bettering your best time for the previous year at a given distance, and for further improvements at each distance during the year.
- **Helpers Points:** To reward helping at our events, and the Chester Half-marathon, where your role (eg marshalling) has prevented you from taking part in the race.

Please remember:

Although John scans many race results, even he can't know every club member's every race. Let John know about races that he may have missed, and ensure that your club is shown as West Cheshire AC on all race entries: race entry websites such as [niftyentries](#) rely on you keeping your own details up to date.

Please let us know if you need more information, or if you have suggestions on how to improve the league, either by contacting John at jld@sunnyfield.co.uk, or via the club [website](#) (Select [Contact](#) at the top of the screen, then Webmaster under "What does your query relate to?").

This is your league – it needs your input to make it as good as it can be!