

Points Trophy Calculation

The Points Trophy represents club commitment and achievement in a season. Attendance at events, helping at events and overall walking are all considered in awarding this cup. The standings are published on the Internet as are the rules for achieving points. The following are how the points will be awarded during the 2015 season –

- Attendance at all competitive club events be they open handicap, estimated time or championships – 2 points (this includes time keeper and other helpers).
- Unless the program changes, there is no clash with National Road champs in 2015, therefore no points are awarded. If this changes and an Athlete is unable to attend a club event then 4 points are to be awarded.
- Racing in the Open walk – 3 points
- Helping on the day of the Open walk – 1 point
- Judging at Open walk – 3 points.
- We will have a roster of Judges at most club events, a person who judges at a club event instead of walking, will be awarded 3 points.
- Participation in events where all Club members can participate – for 2016 these are –
 - Ekiden Relay – 2 points.
 - Marton to Wanganui Relay – 2 points.
- At open handicap events, we race in 3 main categories (Senior Men, Women and 60+) the results are published in the paper and on the Internet in that format. This data is reworked for the Points trophy to try to make it fair for everybody. A percentage difference between estimate and actual times is calculated. The highest 6 differentials will get 6 points, 5 points and down to 1 point. This will be in addition to attendance points. This will include all walkers together in this calculation – that is all Seniors and Vets.
- At club championships, we will have a closed handicap system. Everybody starts at the gun, but there are still handicap times for all walkers – these handicap times will be used for calculation of the points the same way as in the open handicap system.
- The Norm Read Memorial is an estimated time event. For this and all estimated time events the points will be calculated based on closest to estimate. The best 6 estimates will be awarded the points – 6 points down to 1.
- The Taranaki Road champs – 2 points for participants. Helpers and Judges will get 2 points.
- Last event of the season to get points is the Richard Park Memorial (Wind down). This will attract double points. The event will be an Open handicap event as per usual with the first 6 people over the line getting 6 down to 1 point. The Richard Park Memorial Trophy will be awarded to the first over the line. This event will also be an estimated time one, with the 6 closest times to estimate getting 6 points down to 1. There will be 2 points for attendance as per usual. Results from this event will not be published other than the winner of the Richard Park memorial. The result will be known only at the prize giving when the Points trophy is awarded.
- Where a person is new to the club or have been absent for a season or so, and their first event is a handicap event, then they will only receive attendance points. This is only for their first event, once the person has a history of times then the handicapper can calculate times the same as all other participants. All walkers will be eligible for points in an estimated time event as long as they walk the correct distance for their age group.
- At the discretion of the Handicapper, a result can be voided where the walker is 3 or more minutes faster than handicap over 5K or 5 minutes over 10K. In this case the walker may only receive attendance points. This option would only be used in exceptional circumstances.
- Where the program has 10K for Seniors and 5K for 60 plus, then a Senior walking 5K can only receive attendance points, they will not be considered in handicap calculations.

- Over 60s may choose to walk as a Senior or as a vet. The Handicapper needs to know at least 2 days in advance if a Senior is changing distance. That is if you normally walk as a Senior, but choose to walk in the Vets group for a specific event, you must inform the Handicapper 2+ days prior to the event. If you turn up on the day and change your distance you will only get attendance points.

STYLE AWARD

This is an explanation of how the style points are awarded. Everyone who wishes to be considered for this award is given 3 points to start with and then each judge can give you up to 3 points more. The resulting points are then added together for a total for that race. Feedback may be given to walkers whether they ask for it or not. I just look at it as, "if you don't know you are doing something wrong and nobody tells you, you aren't going to progress".

Like beauty, style is in the eye of the beholder (e.g. the judge). This is what judges look for when judging for style.

- 1) You have to be legally walking
- 2) Be standing upright, not leaning forward or back
- 3) Have compact arms which are driving you along, not flapping, swinging or just hanging there
- 4) Have a still head looking forward, not bobbing, looking at the ground or swaying
- 5) Feet coming through low, smooth and toes facing straight ahead
- 6) High heel plant
- 7) Upper body still not swinging or swaying from side to side

Just look at Rachel & Eric for the above actions which they can both maintain, even when they are slowing because of tiredness. Having said that, doing any of the no, noes above, doesn't make you a bad walker, just an untidy one. Try and be invisible when under judges, don't draw their attention to you because you are doing something different, which may not affect your legality but can make them think you are.

Odd Ball Relay Rules

This is an estimated time event for teams (2 or 3) with the fastest walker in each team having to complete the whole event but also having to walk at the speed of the slower member(s) of the team. The objective of this event is for your last team member (fastest) to finish the 7th lap as close to 11:00am as possible without the use of a watch or other similar device. You need to estimate how long your team is going to take and work back from 11:00am to calculate the necessary start time. The start time needs to be given to the timekeepers so they can inform the team when to start. The team closest to 11:00am wins the event and the Points Trophy points (closest to 11:00am – 10:59 and 11:01 are both counted as 1-minute difference).

- You will be split into mainly 2 person teams (but on occasion a three-person team may be created). All members of the team start together. The handicapper will form the teams (usually from a random draw or similar) to put together slower and faster walkers. Participants need to advise the handicapper of participation in this event at least 3 days in advance.
- Team member 1 completes all 7 laps. Team member 2 will do three laps and team member 3 will do 1 lap.
- After 1 lap, team member 3 drops out (team members 1 and 2 cannot be in front of team member 3 at this time)
- After 3 laps, team member 2 drops out (team member 1 cannot be in front of team member 2 at this time – team member 1 continues on to complete all 7 laps)

- 1 lap is approximately 1.55km, 3 laps are approximately 4.6km and 7 laps is approximately 10.8km
- Points Trophy points – all members of the winning team get 8 points, second get 6 points, third 4 points and fourth get 3 points (this is inclusive of points for attendance).