

1. **To make the same the male and female veteran (etc) age categories** for the club's race series (Championship, Summer Series, Hills Are Alive) and for the annual distance trophies (10K, half-marathon, marathon). Currently, the ladies' categories are F35, F45 and F55, whereas the men's categories are M40, M50, M60. It is proposed to make the ladies' categories 'older' - ie move them to being F40, F50 and F60, these also being in line with the categories used by Scottish Athletics and most race organisers.
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2. **To alter the Hills Are Alive (HAA) to include trail running.** As avidly as it is pursued by some runners, the HAA series is traditionally the least popular of the club's three race series. It currently focusses solely on hill races, be they open races or those only for club members. In 2022, only four ladies and three men completed the series (by running 5 of 6 eligible races). 2022 was a year of low race attendance generally, but HAA numbers have been low for some years. Hill racing is something of a niche activity, even at PRR. Meanwhile, club interest and participation in trail races has been growing; a motion to have a separate trail series was only narrowly rejected at the 2018 AGM.

It is proposed seek to boost interest in the club's 'third series' by combining the two disciplines: hill and trail. We would retain the HAA name for the series and trophy, but make the series a "Trails and Dales" series comprising 8 races: 4 hill and 4 trail. Maximum scoring points would be derived from 6 races; completing 6 races would be required for a season finisher's medal. The races would, as with the current HAA, start in March but may finish in August or September to take in the better trail races available locally. It is likely that the PRR vs KRR mob match would become a fixture included in the new-look HAA.

3. **To remove the obligation for a marathon to be completed/competed to place in the Club Championship.** Currently, the club rules read, "*to compete for 1st, 2nd or 3rd place in the Club Championship, you need to do at least 7 out of 10 nominated Championship races plus a marathon*" [NB: a **finisher's medal** is achieved for 'just' 7 total races; a marathon need not be raced, as competitors may instead plump for 7 of the (shorter) nominated races]. Although the rule only directly mentions the top 3 positions overall, it also necessarily impacts upon the age category prizes: it means that maximum points are available for 7 races plus the marathon, placing any age-grouper that chooses to run a marathon at an unassailable advantage over one who does not.

The rule's origins lie back in the creation of the club, when marathons were a larger proportion of the competitive club scene than is now the case. The Championship is the club's Blue Riband and oldest series, so it is appreciated that seeking to change this long-standing principle is no trivial matter.

As Championship Organiser, I have heard many of the club's better runners state a greater ambition to run the Championship "if only a marathon were not required". This proposal comes, therefore, with the objective of boosting numbers and competition in the Championship.

There is also a more philosophical question here: should the Club Champion need to be a marathon runner? Given the obligation to run a marathon, a weaker marathon runner is at a distinct disadvantage. A weaker 5K runner, however, can dodge that distance altogether.

The marathon is an important race. This proposal does not seek to denigrate that. The club has its annual marathon contest shields, and also the Most Adventurous Marathon Runner award. The marathon would remain an **optional** element of the Championship. As now, there would be 11 races across the season open to a Championship competitor - the 10 designated races across the season (from 5K to H-M) plus a marathon of the runner's choosing. Their 8 best performances across the 11 (which may, or may not, include a marathon) would form their points tally.

4. Add 'Lead Coach' into committee positions

To increase / better, communication between coaching and committee.