

DDAC – 2026 Senior Championship Scoring Scheme

For each race points are calculated based on each runner's time relative to the overall race winner (male and female respectively). If a DDAC runner is first overall (ie first male or first female), he or she will get 100 points. If your time is exactly double the winner's time, you get 50 points: the points are calculated on a linear scale so the faster you run the more points you get.

By way of example in the following 10k race the winner's time is 33 minutes so a runner loses a point for every 40 seconds they are behind the winner. The following table shows the points won for various runner's times,

Winner's Time	00:33:00	00:00:40
A	00:33:00	100.0
B	00:35:00	97.0
C	00:40:00	89.4
D	00:45:00	81.8
E	00:50:00	74.2
F	00:55:00	66.7
G	01:00:00	59.1
H	01:05:00	51.5
I	01:06:00	50.0
J	01:10:00	43.9
K	01:15:00	36.4
L	01:20:00	28.8
M	01:25:00	21.2
N	01:30:00	13.6

In a real life example here is how the scoring worked for the Ladies who raced Deny Dash in 2023.

Pos	Name	Time	Gap
1	Helen Ilsley	00:47:19	00:00:57

			Score
5	Sarah Godbehere	00:52:31	94.5
9	Clara Carr	00:55:01	91.9
11	Sally Campbell	00:55:25	91.4
20	Kelly Reddington	00:58:08	88.6
25	Elaine White	01:00:54	85.6
26	Julie Sykes	01:01:03	85.5
38	Rosalind Bedford	01:05:10	81.1
44	Jen Nutting	01:06:34	79.7
48	Stella Taylor	01:08:40	77.4

If the race is designated as a medium or long race, the points calculated above would be multiplied by either 1.1 (medium) or 1.2 (long) to reflect the extra effort involved in these distances.

Honorary club statistician, Peter, would be more than happy to explain further, if needed, over a pint!

January 2026