

Claim your championship points, and check out the league tables which are automatically generated.

POINTS TABLE	U15	U17	U20	U23	Sen
County Championships Gold:	1	2	2	-	3
*Regional Championships Gold:	4	5	6	-	7
*Regional Championships Silver:	3	4	5	-	6
*Regional Championships Bronze:	2	3	4	-	5
AAA's T&F Champs Gold:	6	7	8	9	12
AAA's T&F Champs Silver:	5	6	7	8	11
AAA's T&F Champs Bronze:	4	5	6	7	10
National XC Champs Gold:	6	7	8	-	12
National XC Champs Silver:	5	6	7	-	11
National XC Champs Bronze:	4	5	6	-	10
CAU Inter County T&F Gold:	-	-	-	-	10
CAU Inter County T&F Silver:	-	-	-	-	9
CAU Inter County T&F Bronze:	-	-	-	-	8
CAU XC Champs Gold:	6	7	8	-	12
CAU XC Champs Silver:	5	6	7	-	11
CAU XC Champs Bronze:	4	5	6	-	10
ARC Road Running Champs Gold:	-	-	-	-	10
ARC Road Running Champs Silver:	-	-	-	-	9
ARC Road Running Champs Bronze:	-	-	-	-	8
	Jun	Int	Sen		
English Schools Champs Gold:	6	7	8	-	-
English Schools Champs Silver:	5	6	7	-	-
English Schools Champs Bronze:	4	5	6	-	-

*Regional Champs: Midlands, Northern and Southern Championships plus the National Championships of Northern Ireland, Scotland & Wales

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<http://www.british-athletics.co.uk/clubs>

Any user can claim club points if it was a fellow club member who won the medal.

Medal winning Athletes can claim points for themselves and their club.

Coaches may only claim coaching points once the medal winner has claimed the athlete points. Coach points will be released at the discretion of the medal winning athlete who may not change this decision in the future.

Coaches will be ranked in a league table on the basis of points released by the medal winning athletes.

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