

LEISURE CENTRE LEAGUE ROAD RACE & CROSS COUNTRY SERIES.

Road race season usually May ~ Aug. (5 races)

Cross country season usually Oct ~ Mar. (5 races)

Race distance approx. 10 k.

Each club enters as many runners as they want.

Cost is £50 per club for road race series; £50 per club for cross country series.

Age as of 1st March for road race series; 1st October cross country series.

Categories :

Senior male (17 ~ 39)

Over 40 male (40 ~ 44)

Over 45 male (45 ~ 49)

Over 50 male (50 ~ 54)

Over 55 male (55 ~ 59)

Over 60 male (60 ~ 64)

Over 65 male (65 ~ 69)

Over 70 male

Senior female (17 ~ 34)

Over 35 female (35 ~ 39)

Over 40 female (40 ~ 44)

Over 45 female (45 ~ 49)

Over 50 female (50 ~ 54)

Over 55 female (55 ~ 59)

Over 60 female

Eligibility

Runners must be first claim for club to be eligible to score for individual or team results.

Second claim runners are welcome to run, but will not score individual nor team points.

Club Colours to be worn.

Prize Structure

1st place male team trophy; 1st place female team trophy based on all five road or cross country races.

Prize for each individual category 1st place, 2nd place & 3rd place based on best four out of five race results.

Runner must finish at least three races of the series to be eligible for individual prize.

1st place male individual prize and trophy & 1st place female individual prize and trophy based on all ten races results (Combined cross country and road race series).

1st place male team trophy & 1st place female team trophy based on all ten race results (Combined cross country and road race series).

All team results based on following criteria: for road races, top ten male from each club, top six female from each club; for cross country top six male from each club, top four female from each club.

Runners Transferring

If a runner has already competed for one league club and then transfers to another league club mid series, they will not score team points for the 'new' club during that series. They will still score individual points.

Revised April 2013