

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 (18 ~ 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 +)

Male team

Senior female (18 ~ 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 (60 +)

Female team

Runner 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.

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

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

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

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

1st, 2nd & 3rd place male team prize, 1st, 2nd & 3rd place female team prize based on all five road race results.

1st, 2nd & 3rd place male team prize, 1st, 2nd & 3rd place female team prize based on all five cross country results.

1st place male team prize & 1st place female team prize 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.

Martyn Jenkins 25th April 2009