

## **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 1<sup>st</sup> March for road race series; 1<sup>st</sup> 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+)

Club Male team

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 (60+)

Club Female team

### **Eligibility**

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.

Club Colours to be worn.

### **Prize Structure**

Trophy for each individual category winner based on best four out of five road race results.

Trophy for each individual category winner based on all five cross country results.

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

1<sup>st</sup> place male individual trophy & 1<sup>st</sup> place female individual trophy based on all ten race results (combined cross country and road race series).

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place male team trophies; 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place female team trophies based on all five road or cross country races.

1<sup>st</sup> place male team trophy & 1<sup>st</sup> 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.

September 2010