

Gloucestershire AAA - County Road Race Series Rules from 2010

1. **The Series is an annual series of road races open to all first and second claim runners who are fully paid up members of a Gloucestershire AAA affiliated club.**

Currently (as for 2010), the affiliated clubs are Almost Athletes, Angels RC, Bourton Roadrunners, Cheltenham and County Harriers, Cirencester AC, CLC Striders, Dursley & District AC, Forest of Dean AC, Gloucester AC, Running Somewhere Else, Severn AC, Stroud & DAC, Tetbury Royals, Tewkesbury AC.

2. Awards will be presented at the end of the year, usually November, to individuals as well as teams.
3. There will be an Open category and five-year age categories for the older runner. These categories will exist for senior men and senior ladies with the masters age categories starting at V40 for men and V35 for ladies. There is no upper limit to the age categories. Each category represents a separate competition. All runners are eligible for the appropriate Open category with the master runner additionally eligible for their age category.
4. **The Series consists of 12 open races** nominated by the Glos AAA Road Race Committee covering a variety of distances. **Each race must be licensed by UK Athletics.** A race is only eligible where its results are posted on the internet. Where any of the 12 open races are subsequently unable to participate in the Series or are ineligible then nominated Reserve open races may be used as their replacement – clubs will be notified accordingly.
5. Points are awarded according to the runner's position among fellow County runners. The **best EIGHT** scores achieved are to count, and at least **FIVE** events must have been completed.
6. Points will be awarded to the **TEN** leading runners in each category, **10 points for 1st place** down to **1 point for 10th place.**
7. **Medals will be awarded to the leading three runners in each category.** Additionally, some categories may also have a trophy or shield for the highest scoring runner.
8. (a) Age at 1st January each year determines the runner's age group category for the Series. To facilitate this rule it is required that club secretaries provide the Series Coordinator with a list of members and their dates of birth.

(b) Where a runner attains the age of their next age category they will have the option to run for this new age category. Points gained in the previous age category will not be carried forward to the new age category. Rule 5 applies to participation in each age category. Only one age category will qualify towards awards in the Series. Once an event has been run in the new age category the runner cannot revoke the option. It is the responsibility of the individual runner to notify the Series Coordinator if they wish to opt for the change of age category, otherwise, they will continue to compete in the age category determined at 1st January. Notification must be made before the runner's birth date.
9. **RUNNERS ACKNOWLEDGE THAT INFORMATION REGARDING THEIR DATE OF BIRTH WILL BE FORWARDED TO THE SERIES COORDINATOR, FOR THE EXPRESS PURPOSE OF ADMINISTERING THIS COMPETITION.**
10. Runners must ensure their name and club name is correctly recorded on the race results, as this is used to identify eligible runners for the Series. A runner racing with another runner's bib number without notifying the race organiser does not constitute eligibility. Participation in the open races and thereby the Series is in accordance with UK Athletics.
11. Runners moving between affiliated clubs within the County will continue to qualify under their new club name for the Series.
12. Runners moving to a non-affiliated County club are no longer eligible for the remaining races in the Series. However, points already gained will not be deleted and will still qualify for the Series. The points will not be re-assigned to other runners.

13. The latest Series listings will be updated as soon as possible after race results have been processed. These listings can be viewed via the websites : www.glosaaa.org.uk and www.runnerduck.co.uk/running
14. The Series Coordinator's decision is final.

TEAM COMPETITION

1. There will be **4 categories** for the **team competition**: Male Open; Female Open; Male Masters; Female Masters. Each category represents a separate competition.
2. All runners are eligible for the appropriate Open category. Males over 40 and females over 35 are eligible for the **masters** categories. A runner's age category is determined as per the individual competition.
3. The races are the same as those for the individual competition.
4. Clubs must have at least 3 runners to qualify for each category in each race and at least EIGHT races in the series to qualify.
5. To be eligible as a team member a runner must wear a club vest.
6. Points will be awarded according to finishing position amongst fellow County runners. One point for first place, up to as many as required to give each club three scores. The lowest 3 points will count. If a club does not have 3 runners finishing they will be awarded 999 points. The club's 8 lowest scores will count.
7. If all clubs in each respective category are disqualified through not having a team complete 8 races, then the lowest scoring among those with 7 valid events will be declared the winner, then 6 valid events, and so on.
8. Three County Gold Medals will be award to the lowest scoring club in each category. Additional medals may be purchased from the County Secretary. Additionally, the two Open competition winners will receive a shield.
9. The latest Series listings will be updated as soon as possible after race results have been processed. These listings can be viewed via the websites : www.glosaaa.org.uk and www.runnerduck.co.uk/running
10. The Series Coordinator's decision is final.

Note

Road Race Series Coordinator for 2010 is Lynn Hudson from Bourton Roadrunners who can be contacted on 01242 820920 or runningviola@btinternet.com.