

# York & District 10k Road Race League 2010

Over the next few weeks we will be collecting entries for the York District Road Race League, a popular series of 10K races, which consists of 6 races in the York area organised by the participating clubs. This includes a reverse handicap event at the end of the series based on three previous results, finishing off the evening with a prize giving supper all for the excellent value fee (for all six races & supper) of **£7.00**.

## Races:

<b>Pocklington</b>	11 May	7.30pm
<b>Easingwold</b>	25 May	7.30pm (Organised by ERC)
<b>Bishop Wilton</b>	8 June	7.30pm
<b>York Race Course</b>	22 June	7.30pm
<b>Selby Wistow</b>	6 July	7.30pm
<b>Stillington</b>	20 July	7.00pm (Reverse Handicap, and prize giving supper)



**Please PRINT CLEARLY – Entry form for the York & District Road Race League 2010**

Name:..... Age (@ 11 May 2010) ..... Sex.....

I accept that the organisers of the York & District Road Race League will not be held responsible for any injury, loss or damage occurred before, during or after the race series. I am an amateur as defined by UK Athletics. I will abide by the rules of the YDRRL (copy overleaf). I declare that I am physically fit and enter at my own risk.

Signed ..... Date .....  
(To be signed by parent or guardian if entrant under 18)

# York & District 10k Road Race League Rules

1. The league is a series of 10km races to be held on a Tuesday evening fortnightly between April and July commencing at 7.30pm.
2. Eligibility is restricted to members of UK Athletics affiliated clubs.
3. Each race will be organised by a nominated club who will take responsibility for each aspect.
4. The cost of entry will be decided by the Committee each year.
5. Guests may take part with the formal permission of the League Committee but will not be counted in the results.
6. Club colours of the affiliated club must be worn.
7. The number allocated to the specific individual, or a duplicate, must be worn.
8. The minimum age is 17 at the 31<sup>st</sup> August in the previous year as per UKA rules.
9. Age categories for the League are determined by reference to age on the day on the day of the first race in any year.
10. No person may represent more than one club in a season.
11. Only "first claim" members of a club will count for team results.
12. Individual results will be determined by aggregate points. Points are awarded for position, 1 for winner, 2 for second and so on. The number of races to count for the final results is the number of races that take place, less one. Runners completing fewer than the number of races to count will not qualify for the final results. Runners who have completed all the races will have their worst result disregarded.
13. Male and Female and age category results will be determined by reference to that category.
14. Age categories will be 10-year bands from 35 for females and 40 for males.
15. Teams will be the leading 6 from a club in any race (A team), subsequent 6 (B team) and so on, for males. For females it will be the same principle with 4 in a team. The order is determined by reference to total points as individuals in a category aggregated. The final position for the year is decided by reference to total points in all the races, disregarding the worst performance.
16. Awards of trophies will be decided by the Committee.
17. Matters of doubt will be determined by the League Committee whose decision will be final. The membership of the Committee is covered in the Constitution.
18. No MP3 or I pods to be worn by runners.