

York and District Road Race League

RULES

1. The league is a series of 10k races to be held on a Tuesday fortnightly between April and July commencing at 7.30pm.
2. Eligibility is restricted to members of 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 31 August in the previous year, as per UKA rules.
9. Age categories for the league are determined by reference to age 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 the 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 for teams and 2 for individuals. Runners completing fewer than the number of races to count will not qualify for the final results. Runners who have completed all or all but 1of the races will have their worst result(s) 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 age 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.
16. The final position for the year is decided by reference to total points in all the best 4 races for individuals and best 5 races for teams, disregarding the worst performance(s).
17. Awards of trophies will be decided by the committee.
18. 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.
19. Personal Music players must not be worn during races. (Added at agm 2 February 2010) and wearers may be disqualified (added at meeting 5 April 2011).

Adopted by the committee 31 March 2009

26 April 2011