

NORTHANTS ROAD RUNNING LEAGUE 2010

Sponsored by 'CMITS Ltd'

As last year there will be 8 races in the series :

Blisworth	5km	Fri	May 7 th
Corby	5 mile	Wed	May 26 th
Weedon	10km	Tues	June 1 st
Wellingborough	5 mile	Sun	Aug 1 st
Blisworth	5 mile	Fri	Aug 6 th
Moulton	10 km	Sun	Aug 29 th
Cransley	½ Mar	Sun	Sep 19 th
Daventry	6 mile	Sun	Oct 3rd

Rules outline :

1. Qualification.

All clubs that are fully paid up members of Northants AA will be automatically entered. All individuals who participate as members of these clubs will count in the league.

2. Individual competitions:

There will be an open category for both male & female :

For each race the scoring will be 100 for the first, 99 second, 98 third etc. The total for the BEST FIVE will count.

Veterans:

There will be veterans competitions. For males Over 40 and Over 50. For females Over 35 and Over 45.. The scoring will be 50 for the first, 49 for the second etc. BEST FIVE to count

3 Team competitions

For each race there will be a male, female and combined competition.

Males : First four to count Females : First three to count Combined: Scores for the male and female teams added together. For each race the first team scores 10 points the second 9 etc.

AT the end of the series the best SIX team scores will count