

# NORTHANTS ROAD RUNNING LEAGUE 2011

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

Blisworth	5km	Fri	May 13 <sup>th</sup>
Corby	5 mile	Wed	May 25 <sup>th</sup>
Weedon	10km	Tues	June 21 <sup>st</sup>
Wellingborough	5 mile	Sun	July 31 <sup>st</sup>
Blisworth	5 mile	Fri	Aug 5 <sup>th</sup>
Moulton	10 km	Sun	Aug 28 <sup>th</sup>
Cransley	½ Mar	Sun	Sep 18 <sup>th</sup>
Northampton	10k	Sun	Oct 2 <sup>nd</sup>

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