



LINCOLN WELLINGTON AC ROAD RUNNERS LEAGUE – 2010

SHIELD AND MEDAL FOR END OF YEAR WINNERS

MEDAL FOR 2ND AND 3RD PLACE END OF YEAR FINISHERS

- **MEN'S LEAGUE**
- **LADIES LEAGUE**

POINTS ARE AWARDED FOR 1ST **FIFTEEN** LWAC ROAD RUNNER FINISHERS IN SPECIFIED RACES (FOR MEN AND LADIES)

i.e. **15pts** for 1st LWAC FINISHER, **14pts** for 2nd LWAC FINISHER, **13pts** for 3rd etc.

NEW FOR 2010 – **A RUNNERS BEST 10 SCORES WILL BE TAKEN FROM THE FOLLOWING 16 ROUNDS:**

1	FERRIBY 10 MILE	SUN 31 JAN
2	SLEAFORD HALF MARATHON	SUN 28 FEB
3	LINCOLN 10K	SUN 21 MAR
APRIL KEPT FREE FOR LONDON MARATHON		
4	LWAC 5K SERIES RACE 1	WED 26 MAY
5	WOODHALL SPA 10K	SUN 06 JUN
6	HUMBER BRIDGE HALF MARATHON	SUN 27 JUN
7	HECKINGTON 10 MILE	SAT 24 JUL
8	LWAC 5K SERIES RACE 3	WED 28 JUL
9	LWAC 5K SERIES RACE 4	WED 25 AUG
10	LINCS WOLDS 10 MILE	SAT 04 SEP
11	NOTTINGHAM HALF MARATHON	SUN 12 SEP
12	CLUMBER PARK 10K	SUN 26 SEP
13	ROBIN HOOD 10K	SUN 10 OCT
14	WORKSOP HALF MARATHON	SUN 31 OCT
15	LINCS XC SERIES RACE 2	PROV
16	LINCS XC SERIES RACE 4	PROV

Note: Those events marked as Provisional (PROV) will be updated when the dates are made available.





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Rules

- The League runs from January to November and consists of 16 pre-nominated rounds, from which a competitor's best **10** results will count.
- In the event of a race cancellation, a replacement event will be found, or the round removed from the league schedule.
- Race results will be **age graded** using the latest WAVA tables as shown on:

<http://www.marlboroughrunningclub.co.uk/agegradingcalc.shtm>

Note: The age used will be the competitor's age on the date of the leagues first event (i.e. 31 Jan 2010)

- In order to qualify for prizes/trophies, competitors **must** compete in at least **one** round of 5Km, 10Km, 10 mile, Half Marathon distance and a Cross Country event through the season.
- Registration can be at any time during the year, but only events run after your registration date will count, with the exception of one event (in case you initially decide to not enter, then surprise yourself with a good run).
- In the event that 2 or more runners have the same points total, the runners will be ordered by the result of the following calculation: (lowest result first)

accumulative (age graded time) / kilometres raced

- Although a keen eye is cast over the race results, and calculations are double checked, mistakes can be made. The onus is on the individual to check and report any inaccuracies in the table to the league coordinator.

