



**LINCOLN WELLINGTON AC**  
**ROAD RUNNERS' LEAGUE 2012**

Club Awards will be given to winners of the Men's and Women's Leagues

Medals will be given to 2nd and 3rd placed runners

Points are now awarded to **ALL** LWAC Road Runner finishers in the specified races. All runners must be registered in the race as themselves, not using someone else's number.

A runner's best **TEN** scores will be taken from the 15 rounds. If a runner fails to complete at least **SEVEN** of the specified races, including each distance (5km, 10km, 10 mile, half marathon, cross country) his/her scores will become void (note this may result in drastic re-scoring!).

|    |                        |           |
|----|------------------------|-----------|
| 1  | FERRIBY 10 MILE        | 29 JAN 12 |
| 2  | GRANTHAM HALF MARATHON | 11 MAR 12 |
| 3  | LINCOLN 10K            | 25 MAR 12 |
| 4  | FRISKNEY HALF MARATHON | 8 APR 12  |
| 5  | LWAC 5K SERIES RACE 1  | 30 MAY 12 |
| 6  | WOODHALL SPA 10K       | 10 JUN 12 |
| 7  | LWAC 5K SERIES RACE 3  | 25 JUL 12 |
| 8  | HECKINGTON 10 MILE     | 28 JUL 12 |
| 9  | LWAC 5K SERIES RACE 4  | 29 AUG 12 |
| 10 | LINCS WOLDS 10 MILE    | 1 SEP 12  |
| 11 | EAST COAST CLASSIC 10K | TBA       |
| 12 | WORKSOP HALF MARATHON  | 27 OCT 12 |
| 13 | CROSS COUNTRY RACE 1   | TBA       |
| 14 | CROSS COUNTRY RACE 2   | TBA       |
| 15 | CROSS COUNTRY RACE 3   | TBA       |

Dates for those events marked TBA will be entered once further details become available.

Updated 29<sup>th</sup> Jan 2012.



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**RULES**

1. The League runs from January to November and consists of 15 pre-nominated rounds. If a race within the league is cancelled or postponed to beyond 30<sup>th</sup> November, it will be replaced with a similar race, or removed from the listings. Cross country races will be added when their dates are confirmed, but only if they don't clash with existing league races (*i.e.* there will not be league races on the Saturday *and* Sunday of the same weekend!).
2. Points are awarded to all LWAC Road Runner finishers in the specified races;
  - 15 points for the first LWAC RR finisher,
  - 14 points for 2<sup>nd</sup>, *etc.*
  - 1 point for the 15<sup>th</sup> and subsequent runners.

Thus, all runners who complete a race will get at least one point for that race. All runners must be registered in the race as themselves, not using someone else's number.

3. A runner's best **TEN** scores will be taken from the 15 rounds. If a runner fails to complete at least **SEVEN** of the specified races, including each distance (5km, 10km, 10 mile, half marathon, cross country) his/her scores will become void (note this may result in drastic re-scoring!). These conditions are reliant on qualification for prizes and trophies. If a race is removed from the calendar, these minimum numbers will be reduced accordingly and that discipline will no longer be compulsory.
4. Race results will be age graded using the latest WAVA tables, as provided by the Marlborough Running Club. The age used will be the competitor's age on 1<sup>st</sup> January, 2012.
5. Registration can be at any time, though only one race can be added retrospectively and once there are fewer than seven races left, scores cannot count.
6. In the event that two or more runners have the same points total, the runners will be ordered based on:
  - a. number of races run in the league
  - b. each runner's speed, according to the formula:

$$\frac{\text{accumulative (age graded time)}}{\text{distance raced}}$$

7. If any inaccuracies are noticed in race results or the league tables, they should be reported to the league co-ordinator as soon as possible.