

# Gloucestershire AAA - County Road Race Series Rules 2024

## Individual Competition

1. The Series is an annual series of road races open to all first and second claim runners who are fully paid up members of a Gloucestershire AAA affiliated club. Currently (as for 2023), the affiliated clubs are:
  - Almost Athletes
  - Angels Running Club
  - Bourton Roadrunners
  - Cheltenham and County Harriers
  - Cirencester Athletics Club
  - CLC Striders
  - Cotswold Allrunners
  - Dursley Running Club
  - Forest of Dean Athletic Club
  - Gloucester Athletic Club
  - North Cotswold Tri and Run
  - Running Somewhere Else
  - Severn Athletic Club
  - Stroud & District Athletic Club
  - Tetbury Dolphins
  - Tewkesbury Allrunners
  - Tewkesbury Running Club
  - Western Tempo
2. Awards will be presented at the end of the year to individuals as well as teams.
3. There will be an Open category and five-year Master's (Vet) age categories for the older runner. These categories will exist for senior male and senior female with the Master's age categories starting at V35<sup>1</sup>.  
There is no upper limit to the age categories. Each category represents a separate competition. All senior (ages 15 and up) runners are eligible for the appropriate Open category with the Master runner additionally eligible for their age category.
4. The Series consists of **twelve** open races nominated by the Glos. AAA Road Race Committee covering a variety of distances. Each race must be licensed by UK Athletics or ARC. A race is only eligible where its results are posted on the internet. Where any of the twelve open races are subsequently unable to participate in the Series or are ineligible then nominated Reserve open races may be used as their replacement – clubs will be notified accordingly.
5. Points are awarded according to the runner's position among fellow County runners.
6. A runner must score in at least **five** events (Open, Vet categories to V70) or **four** (V75 and above)<sup>2</sup> to qualify for final standings. The best **eight** scores achieved are to count.

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7. Points will be awarded to the **ten** leading runners in each category as follows:
- 10 points          1<sup>st</sup> place
  - 9 points            2<sup>nd</sup> place
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  - 2 points            9<sup>th</sup> place
  - 1 point             10<sup>th</sup> place

The race finishing positions will be determined by gun times unless the race itself operates a staggered, or wave, start – in this instance, chip times will apply.

8. Medals will be awarded to the leading three runners in each category. Additionally, some categories may also have a trophy or shield for the highest scoring runner. Runners will be ranked by:
- a. Qualification status (completing at least five events in the series).
  - b. In the event of scores being tied:
    - i. Number of events completed,
    - ii. Highest individual event score,
    - iii. First event in which the highest (above) score is achieved.
9. Age categories:
- a. **Age at 1<sup>st</sup> January 2024** determines the runner's age group category for the Series. To facilitate this rule it is required that club secretaries provide the Series Coordinator with a list of members and their dates of birth.
  - b. Age category changes:
    - i. Where a runner attains the age of their next age category they will **have the option to run for this new age category**.
      - Points gained in the previous age category **will not be carried forward** to the new age category. Rule 5 applies to participation in each age category.
      - **Only one age category** will qualify towards awards in the Series. Once an event has been run in the new age category the runner cannot revoke the option.
      - It is the responsibility of the individual runner to notify the Series Coordinator if they wish to opt for the change of age category, otherwise, they will continue to compete in the age category determined at the start of the year. Notification **must** be made before the runner's birth date.
    - ii. Where this age category is the first masters' age category following their existing senior status, the runner will be automatically allocated to the master age category. They will still be considered for the open category. The runner need not notify the Series Coordinator that this transition will happen in the forthcoming year.
10. RUNNERS ACKNOWLEDGE THAT INFORMATION REGARDING THEIR DATE OF BIRTH WILL BE FORWARDED TO THE SERIES COORDINATOR, FOR THE EXPRESS PURPOSE OF ADMINISTERING THIS COMPETITION.
11. Runners must ensure their name and club name is correctly recorded on the race results, as this is used to identify eligible runners for the Series. A runner racing with another runner's bib number without notifying the race organiser does not constitute eligibility. Participation in the open races and thereby the Series is in accordance with UK Athletics.

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12. Runners moving between affiliated clubs within the County will continue to qualify under their new club name for the Series.
13. Runners moving to a non-affiliated County club are no longer eligible for the remaining races in the Series. However, points already gained will not be deleted and will still qualify for the Series. The points will not be re-assigned to other runners.

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## Team Competition

1. There will be 4 categories for the team competition:

- Male Open
- Female Open
- Male Masters
- Female Masters.

Each category represents a separate competition.

2. All senior (ages 15 and up) competitors are eligible for the appropriate Open category. Competitors over 35<sup>3</sup> are eligible for the masters' categories. A runner's age category is determined as per the individual competition.
3. The races are the same as those for the individual competition.
4. Clubs must have at least three runners to qualify for each category in each race. At least **five** scoring events must be completed for the club to qualify for final standings.
5. To be eligible as a team member a runner must wear a club vest.
6. Points will be awarded according to finishing position amongst fellow County runners.
  - 1 point            1<sup>st</sup> place
  - 2 points           2<sup>nd</sup> place

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... up to as many as required to give each club three scores. The lowest 3 points will count. If a club does not have 3 runners finishing they will be awarded 999 points. The club's **eight** lowest scores will count.

The race finishing positions will be determined by gun times unless the race itself operates a staggered, or wave, start – in this instance, chip times will apply.

7. Three County Gold Medals will be award to the lowest scoring club in each category. Additional medals may be purchased from the County Secretary. Additionally, the two Open competition winners will receive a shield. Teams will be ranked by:
  - a. Qualification status (completing at least five events in the series).
  - b. In the event of scores being tied:
    - i. Number of events completed,
    - ii. Lowest individual event score,
    - iii. First event in which the lowest (above) score is achieved.

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## General notes

1. The latest Series listings will be updated as soon as possible after race results have been processed. These listings can be viewed via the Gloucestershire AAA website:  
<https://www.athletics4u.co.uk/road-running/>
2. Any queries regarding the Series listings should be made as soon as possible – changes will be allowed up to four weeks following the preceding race.
  - a. After the final race, a date will be published for the series table to be finalised – any changes may be made until this date.
3. The Series Coordinator's decision, in any queries concerning either the Individual or Team competitions, is final.

## Changes to 2023 rules

- <sup>1</sup> Masters (veteran) age categories start at 35 for both male and female competitors (previously at 40 for male and 35 for female).
- <sup>2</sup> For age categories V75 and above, four scoring races are sufficient to qualify for series table ranking (previously at five scoring races).
- <sup>3</sup> As per note 1, the masters (veteran) age categories start at 35 for both male and female competitors for the team competition.