

# Gloucestershire AAA - County Road Race Series Rules 2025

## General 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 2024), 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 Master's (Vet) age categories for the older runner. These categories will exist for senior male and senior female (15 and above) with the Master's age categories starting at V35.
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 finishing position, in each race, among fellow County runners. Finishing positions will be based on gun times unless the race has specified a rolling, or wave, start, in which instance chip times will be used.
6. A runner / team must score in at least **five** events<sup>1</sup> to qualify for final standings. The best **eight** scores achieved are to count.

Runners / teams will be ranked according to:

- qualification
- overall score (best eight races).

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In the event of tied scores, the ranking will be equal. This will not change the ranking of anyone below

7. Age at **1<sup>st</sup> January 2025** 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.

**Runners acknowledge that information regarding their date of birth will be forwarded to the series coordinator for the express purpose of administering this competition.**

8. 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/>
9. 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.

After the final race, a date will be published for the series table to be finalised – any changes may be made until this date.

10. The Series Coordinator's decision, in any queries concerning either the Individual or Team competitions, is final.

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## Individual Competition

1. All (listed) club runners aged 15 and above are eligible for the Open competition. Additionally, the Masters (Vet) competition will be for V35 and upwards, in 5-year increments. There is no upper limit to the age categories. Each category represents a separate competition.
2. 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
3. For Open and Vet categories, up to V70, a runner / team must score in at least **five** events to qualify for final standings. For V75 and up, **four** scoring races will be sufficient to qualify.
4. Medals will be awarded to the leading three runners in each category. A shield for the highest scoring runner will also be awarded, in most categories.
5. Any runner who turns 35 in the competition year **will automatically be assigned** to the appropriate (V35) category, as well as the Open category.

Where a runner attains the age of their next age category (i.e. V40 and up) in the competition year 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.
  - 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
6. 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.
  7. Runners moving between affiliated clubs within the County will continue to qualify, under their new club name, for the Series.
  8. 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. All senior (ages 15 and up) competitors are eligible for the appropriate Open category. Competitors aged 35 and above, as of 1st January, will be eligible for the Masters' categories.

There will be 4 categories for the team competition:

- Male Open
- Female Open
- Male Masters (Vet)
- Female Masters (Vet).

Each category represents a separate competition.

2. 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.

3. 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.
4. To be eligible as a team member a runner must wear a club vest.
5. Runners moving between affiliated clubs within the County will score for their new club. Scores for their old club will remain, and not be reassigned.
6. Three County Gold Medals will be award to the highest-ranked club in each category. Additional medals may be purchased from the County Secretary. Additionally, the competition winners will receive a shield.