

Leicestershire & Rutland AA

County Endurance Running Challenge 2020

*** £500 Prize Fund (Winners take all) ***

Introducing an exciting new initiative to crown the
'Leicestershire & Rutland County Endurance Running Champion'
(Male & Female) based on performances at County
Championship events:

The 2020 events are:

1. County Senior/Masters/U20 XC Championships (January)
2. County 10000m Track Championships (April TBC)
3. County 5000m Track Championships (May)
4. Challenge Finale: The Lutterworth 5M Road Race (July)

Points (see below) will be awarded based on finishing position at each event, with additional points on offer for 'quick' times in Events 2, 3, & 4. (Points in Event 4 awarded to the top 8 Leicestershire & Rutland qualified athletes only)

To claim the top prize (£250) available to both the Male & Female winners, competitors must have produced scoring performances in at least 3 of the 4 events. ... Those who complete ALL 4 of the events listed above will have their finishing order points in Event 4 doubled.

All enquiries with regard to this initiative should be addressed directly to the County Secretary, Alan Maddocks
(striders1@hotmail.co.uk / 01509 414866)

The points scoring system is as detailed below:

Event 1: County XC Championships:

County XC Championship position:	Points awarded:
1 st	20
2 nd	18
3 rd	16
4 th	14
5 th	12
6 th	11
7 th	10
8 th	9
9 th	8
10 th	7
11 th	6
12 th	5
13 th	4
14 th	3
15 th	2
16 th	1

All Other Events:

Events 2, 3, & 4:	Points
1 st	10
2 nd	8
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	1

Note: Points in the final event (5 Mile Road Race) will be doubled if the runner has scored in ALL four races.

Additional Points (Time Bonuses): M/F

Event:	8 Points	4 Points	2 Points
E2: 10000m	Sub 31-00/35-00	Sub 32-30/36-30	Sub 34-00/38-00
E3: 5000m	Sub 14-30/16-30	Sub 15-30/17-30	Sub 16-30/18-30
E4: 5M	Sub 24-30/27-30	Sub 25-45/28-45	Sub 27-00/30-00