

Leicestershire Road Running League 2022

The 2022 edition of the Leicestershire Road Running League will take place over an anticipated seven fixtures (six if the Bosworth Half does not ultimately go ahead) across the calendar year, and from a teams perspective will be picking up where the 2019 season finished. This is due to the 2020 season being abandoned due to the global Covid-19 pandemic, and the 2021 return season being a one-off tournament as some level of restrictions were still in place preventing a full league season.

The Race Calendar

Stilton 7 – Sunday 27 February 2022 – 10.30am
West End 8 – Sunday 29 May 2022 – 10.30am
Swithland 6 – Sunday 12 June 2022 – 10am
Prestwold 10k – Sunday 26 June 2022 – 10am
Joy Cann 5 – Wednesday 3 August 2022 – 7.30pm
Rotherby 8 – Sunday 4 September 2022 – 10am
Bosworth Half Marathon – date TBC at the time of writing

Race Entries

All clubs are to be given **at least seven days notice** of race entries opening.

For the first seven days of entries, races will be open to **members of Leicestershire Road Running League Clubs only**. After this, any remaining entries will be opened to the public. This is to ensure clubs can maximise their entry sales.

Eligibility Rules

Runners will run and score for their first claim club.

Second claim runners can represent a LRRL club **only if their first claim club is not a member of the league**. If a runner has membership of two or more LRRL clubs, they can only represent their first claim club.

Eg:-

Mohammad Farah is a first claim member of Newham & Essex Beagles, and a second claim runner with Huncote Harriers. Mohammad is eligible to represent Huncote in the LRRL as his first claim club is not a member of the league. He can score points for himself, his team, and win prizes.

Charlotte Purdue is a first claim member of Desford Striders, and a second claim member of Fleckney & Kibworth. She is only eligible to run for Desford Striders in the league, and can only score points for herself, her team, and win prizes, under this club.

Non-LRRL runners who take part in races are removed from the LRRL set of results for scoring purposes and are not eligible for league prizes. They are still eligible for individual race prizes.

Eg:-

Eliud Kipchoge (unattached) wins the Swithland 6. Chris Thompson of Hinckley RC finishes second. Eliud takes the £100 prize money from the Swithland 6 organisers for winning the race. For the LRRL portion of results, he is declassified, and Chris Thompson is the race winner.

Individuals Competition

In the Individuals competition, 500 points are awarded for a race win, 499 for second place, 498 for third place and so on. To calculate the number of points you score in a race, subtract your finishing position from 501.

These are awarded **per gender**. Therefore, the winning man receives 500 points, and the winning lady receives 500 points etc.

Eg – Jess Piasecki of Badgers finishes 89th in a ladies race. Her score for the race is 412 (501 minus 89)

To be eligible for prizes, a runner must contest at least five of seven races (this will be four of six if the Bosworth Half does not go ahead).

In the unlikely event a runner that has four scores outscores a runner with five scores, the runner with five scores will still be ranked ahead.

Runners that complete six or seven races, will drop one or two of their lowest scores in races so they end up with five qualifying scores.

Prizes are awarded for the following age categories:-

- U20 (including the age of 20) – 1st to 3rd place depending on the number of qualifying runners
- Seniors (21-39 years old) – 1st to 6th place
- V40 – 1st to 3rd place
- V45 – 1st to 3rd place
- And upwards in five-year increments for as many age categories as there are qualifying runners for – from 1st to 3rd place

Senior prizes are awarded up to 6th place due to covering a twenty-year age band, compared to the narrower junior and veteran runner categories.

Prizes will be awarded **up to** the quoted place subject to the ratio of qualifying runners to prizes awarded being a minimum of 3:1.

Eg – 3rd place in the V40 category will be awarded subject to there being 9 or more qualifying runners.

The LRRL committee may choose to award prizes at a lower ratio level subject to circumstances prevailing at the time.

Teams Scoring

There are five different teams competitions that exist in the LRRL, which have different numbers of runners required to score.

These are:-

1. Male (six to score – all ages eligible)
2. Female (four to score – all ages eligible)

3. Veteran Male (four to score – 40+ years old)
4. Veteran Female (three to score – 40+ years old)
5. Mixed (eight to score – four males and four females – all ages eligible)

A scoring team is the first number of specified runners over the line for a club – it is not set in advance of a race.

There is no restrictions on the number of age runners required in the Male, Female or Mixed teams – they can be all seniors if the first runners crossing the line for the club are all seniors.

A B Team competition also exists, with the same team size for each category, which is the next set of runners crossing a line for a club.

Eg – Wigston Phoenix have eight veteran women present at the Rotherby 8. The first three vet women score for the clubs A team. Runners placed four to six for the club score for the clubs B team. Runners placed seven and eight do not score directly for any team – but they will potentially impact other teams scores based on the runners they are finishing ahead of still.

A teams score is calculated by the sum of the finishing positions of its runners.

In the above example with Wigston Phoenix at the Rotherby 8, it would look a little like this:-

<u>Runner</u>	<u>Position</u>	<u>Team</u>
Paula Radcliffe	6	
Mara Yamauchi	14	
Sally Ellis	19	
	39	A Team
Liz McColgan	34	
Susan Wightman	42	
Zola Budd	51	
	127	B Team
Suzanne Rigg	71	No score
Joyce Smith	89	No score

As can be seen, it is impossible for a clubs B team to outscore a clubs A team.

At the end of a race, all the team scores are calculated and then ranked **by the lowest score per division**. They then score league points based on these scores. League points are awarded on a highest to lowest basis.

Teams that do not have the required number of runners to make up a team will still score league points, but they cannot outscore a team with a full compliment of runners. Therefore, a club only needs one runner present to at least score some points in a race.

However, if a club has no runners present, it will score no points at all.

For the A team competition, points are awarded in each division as follows:-

- 1st place – 20 points
- 2nd place – 17 points
- 3rd place – 15 points
- Each place after decreases by 1 point increments

For the B team competition, points are awarded as follows:-

- 1st place – 30 points
- 2nd place – 27 points
- 3rd place – 25 points
- Each place after decreases by 1 point increments

The scoring system is designed to reward clubs for good performance by finishing 1st or 2nd in their divisions, and to punish clubs who do not field any runners.

To revisit the Wigston Phoenix example, their Vet Womens division for the Rotherby 8 finished like this:-

Club	# of runners	Race Score	League Points
1 West End Runners	3	26	20
2 Ivanhoe Runners	3	33	17
3 Wigston Phoenix	3	39	15
4 Roadhoggs	3	61	14
5 Shepshed RC	2	45	13
6 Wreake & Soar Valley	2	89	12
7 Barrow Runners	1	57	11
8 Poplar RC	0	0	0

In the event of a tied team score in a race, league points are awarded as an average of the two points scores (eg joint 2nd would result in 16 points each – (17+15 / 2))

Across the season, clubs with the highest number of league points will win their division, whilst those with the lowest number of league points finish bottom.

A clubs best six of seven races will count to their final score (or five of six if the Bosworth Half does not go ahead). This allows clubs to drop their lowest league point score in a season (or even miss a race entirely if they wish to).

Races also give out their own team prizes for their individual events – the team make up and scoring team sizes will differ to that for the LRRL competition and the two are not related.

Teams Competition – 2022 Divisional Structure

<u>Mens</u>	<u>Ladies</u>	<u>Veteran Men</u>
<u>Division One</u>	<u>Division One</u>	<u>Division One</u>
Badgers	Badgers	Badgers
Desford Striders	Birstall RC	Hermitage Harriers
Hermitage Harriers	Hinckley RC	Huncote Harriers
Huncote Harriers	Huncote Harriers	Poplar RC
OWLS	Poplar RC	Roadhoggs
Poplar RC	Roadhoggs	West End Runners
West End Runners	West End Runners	Wigston Phoenix
Wigston Phoenix	Wigston Phoenix	Wreake Runners
<u>Division Two</u>	<u>Division Two</u>	<u>Division Two</u>
Barrow Runners	Barrow Runners	Beaumont RC
Beaumont RC	Beaumont RC	Birstall RC
Birstall RC	Desford Striders	Desford Striders
Hinckley RC	Hermitage Harriers	Hinckley RC
Ivanhoe Runners	Ivanhoe Runners	OWLS
Racehub Triathlon Club	Shepshed RC	Racehub Triathlon Club
Roadhoggs	Stilton Striders	Stilton Striders
Wreake Runners	Team Anstey Amblers & Runners	Team Anstey Amblers & Runners
<u>Division Three</u>	<u>Division Three</u>	<u>Division Three</u>
Charnwood AC	Charnwood AC	Barrow Runners
Coalville Triathlon Club	Coalville Triathlon Club	Charnwood AC
Fleckney & Kibworth	Fleckney & Kibworth	Coalville Triathlon Club
Harborough	Harborough	Fleckney & Kibworth
Leicester Coritanian	Leicester Coritanian	Harborough
Leicester Triathlon Club	Leicester Triathlon Club	Ivanhoe Runners
Shepshed RC	OWLS	Leicester Coritanian
South Derbyshire RR	Racehub Triathlon Club	Leicester Triathlon Club
Stilton Striders	South Derbyshire RR	Shepshed RC
Team Anstey Amblers & Runners	Wreake & Soar Valley	South Derbyshire RR
Wreake & Soar Valley	Wreake Runners	Wreake & Soar Valley
<u>B Division</u>	<u>B Division</u>	<u>B Division</u>
All teams	All teams	All teams
<u>Veteran Women</u>	<u>Mixed</u>	
<u>Division One</u>	<u>Division One</u>	
Stilton Striders	Badgers	
Huncote Harriers	Birstall RC	
Wigston Phoenix	Hermitage Harriers	
Birstall RC	Hinckley RC	
Desford Striders	Huncote Harriers	
Roadhoggs	Poplar RC	
West End Runners	Roadhoggs	
Badgers	West End Runners	
<u>Division Two</u>	<u>Division Two</u>	
Poplar RC	Beaumont RC	
Hinckley RC	Desford Striders	
Fleckney & Kibworth	Ivanhoe Runners	
Ivanhoe Runners	Shepshed RC	
Hermitage Harriers	Stilton Striders	
Barrow Runners	Team Anstey Amblers & Runners	
Shepshed RC	Wigston Phoenix	
Wreake Runners	Wreake Runners	
<u>Division Three</u>	<u>Division Three</u>	
Beaumont RC	Barrow Runners	
Team Anstey Amblers & Runners	Charnwood AC	
South Derbyshire RR	Coalville Triathlon Club	
Charnwood AC	Fleckney & Kibworth	
Wreake & Soar Valley	Harborough	
Harborough	Leicester Coritanian	
Coalville Triathlon Club	Leicester Triathlon Club	
Leicester Coritanian	OWLS	
Leicester Triathlon Club	Racehub Triathlon Club	
OWLS	South Derbyshire RR	
Racehub Triathlon Club	Wreake & Soar Valley	
<u>B Division</u>	<u>B Division</u>	
All teams	All teams	

Teams – End of Season

At the end of a season, the bottom two teams from Divisions One and Two are relegated to the division below for the following season.

The top two teams from Divisions Two and Three are promoted to the division above for the following season.

Prizes are awarded as follows:-

- Division One – 1st, 2nd and 3rd – one shield trophy for a full scoring team (six for men, four for women, four for vet men, three for vet women, eight for mixed)
- Division Two – 1st and 2nd – one shield trophy for a full scoring team
- Division Three – 1st and 2nd – one shield trophy for a full scoring team
- B Division – 1st place

We hope this document is helpful to you in understanding the processes of our league. Enjoy our events and have a great seasons running!

If you have any queries on any information within this document, please feel free to contact us at lrrlresults@gmail.com.

LRRL – January 2022