

## **Leicestershire Road Running League 2023**

The 2023 edition of the Leicestershire Road Running League will take place over an anticipated nine fixtures across the calendar year.

### **The Race Calendar**

- R1. Stilton 7 – Sunday 26 February 2023
- R2. Kibworth 6 – Sunday 19 March 2023
- R3. Bosworth Half Marathon – Sunday 7 May 2023
- R4. West End 8 – Sunday 21 May 2023
- R5. Swithland 6 – Sunday 4 June 2023
- R6. Prestwold 10k – Sunday 25 June 2023
- R7. Steve Morris 5 – Sunday 9 July 2023
- R8. Joy Cann 5 – Wednesday 2 August 2023
- R9. Rotherby 8 – Sunday 3 September 2023

### **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 89<sup>th</sup> 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 six of nine races.

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

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

Prizes are awarded for the following age categories:-

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

Senior prizes are awarded up to 6<sup>th</sup> 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 – 3<sup>rd</sup> 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 are 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 club's 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 team's 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:-

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

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 finishing to at least score some points in a race.

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

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

- 1<sup>st</sup> place – 20 points

- 2<sup>nd</sup> place – 17 points
- 3<sup>rd</sup> place – 15 points
- Each place after decreases by 1 point increments

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

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

The scoring system is designed to reward clubs for good performance by finishing 1<sup>st</sup> or 2<sup>nd</sup> 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:-

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

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 2<sup>nd</sup> 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 eight of nine races will count to their final score. This allows clubs to drop their lowest league point score in a season (or even miss a race entirely if they wish to). It is also designed to ensure race host clubs are not punished as they frequently score poorly from the fact most of their members are volunteering and not running to ensure an event goes ahead.

**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. The LRRL is not involved in these prize formations so any queries should always be directed to the race organiser.**

## Teams Competition – 2023 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	Barrow Runners	Badgers
Desford Striders	Birstall RC	Hinckley RC
Hinckley RC	Desford Striders	Huncote Harriers
Huncote Harriers	Hinckley RC	OWLS
OWLS	Huncote Harriers	Roadhogs
Poplar RC	Poplar RC	West End Runners
Roadhogs AC	Roadhogs	Wigston Phoenix
West End Runners	West End Runners	Wreake Runners
<u>Division Two</u>	<u>Division Two</u>	<u>Division Two</u>
Barrow Runners	Badgers	Barrow Runners
Beaumont RC	Hermitage Harriers	Birstall RC
Birstall RC	Ivanhoe Runners	Desford Striders
Hermitage Harriers	Stilton Striders	Hermitage Harriers
Shepshed RC	Team Anstey Amblers & Runners	Ivanhoe Runners
Stilton Striders	Wigston Phoenix	Poplar RC
Wigston Phoenix	Wreake & Soar Valley	Stilton Striders
Wreake Runners	Wreake Runners	Team Anstey Amblers & Runners
<u>Division Three</u>	<u>Division Three</u>	<u>Division Three</u>
1485 Triathlon Club	1485 Triathlon Club	1485 Triathlon Club
Barlestone St Giles RC	Barlestone St Giles RC	Barlestone St Giles RC
Charnwood AC	Beaumont RC	Beaumont RC
Coalville Triathlon Club	Charnwood AC	Charnwood AC
Fleckney & Kibworth RC	Coalville Triathlon Club	Coalville Triathlon Club
Harborough AC	Fleckney & Kibworth	Fleckney & Kibworth
Ivanhoe Runners	Harborough	Harborough
RaceHub Triathlon Club	OWLS	Racehub Triathlon Club
Team Anstey Amblers & Runners	Racehub Triathlon Club	Shepshed RC
Wreake & Soar Valley	Shepshed RC	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>	
Badgers	Badgers	
Barrow Runners	Desford Striders	
Desford Striders	Hinckley RC	
Huncote Harriers	Huncote Harriers	
Poplar RC	Poplar RC	
Roadhogs	Roadhogs	
Stilton Striders	West End Runners	
Wigston Phoenix	Wigston Phoenix	
<u>Division Two</u>	<u>Division Two</u>	
Birstall RC	Barrow Runners	
Hermitage Harriers	Birstall RC	
Hinckley RC	Hermitage Harriers	
Ivanhoe Runners	Ivanhoe Runners	
Team Anstey Amblers & Runners	Shepshed RC	
West End Runners	Stilton Striders	
Wreake & Soar Valley	Wreake & Soar Valley	
Wreake Runners	Wreake Runners	
<u>Division Three</u>	<u>Division Three</u>	
1485 Triathlon Club	1485 Triathlon Club	
Barlestone St Giles RC	Barlestone St Giles RC	
Beaumont RC	Beaumont RC	
Charnwood AC	Charnwood AC	
Coalville Triathlon Club	Coalville Triathlon Club	
Fleckney & Kibworth	Fleckney & Kibworth	
Harborough	Harborough	
OWLS	OWLS	
Racehub Triathlon Club	Racehub Triathlon Club	
Shepshed RC	Team Anstey Amblers & Runners	
<u>B Division</u>		
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 – 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> – 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 – 1<sup>st</sup> and 2<sup>nd</sup> – one shield trophy for a full scoring team
- Division Three – 1<sup>st</sup> and 2<sup>nd</sup> – one shield trophy for a full scoring team
- B Division – 1<sup>st</sup> 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](mailto:lrrlresults@gmail.com).

**LRRL – February 2023**