

Leicestershire Road Running League 2024

The 2024 edition of the Leicestershire Road Running League will take place over an anticipated ten fixtures across the calendar year.

The Race Calendar

Spring League:-

- R1 – Kibworth 6 – Sunday 24 March 2024
- R2 – Stilton 7 – Sunday 14 April 2024
- R3 – West End 8 – Sunday 12 May 2024
- R4 – Bosworth Half Marathon – Sunday 19 May 2024
- R5 – Swithland 6 – Sunday 2 June 2024

Summer League:-

- R6 – Prestwold 10k – Sunday 23 June 2024
- R7 – Steve Morris 5 – Sunday 30 June 2024
- R8 – Joy Cann 5 – Wednesday 7 August 2024
- R9 – Rotherby 8 – Sunday 1 September 2024
- R10 – Markfield 10k – Sunday 29 September 2024

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 LRRRL portion of results, he is declassified, and Chris Thompson is the race winner.

Individuals Competition

For individuals, the 2024 season sees a return of a Spring/Summer split. The season of ten races is split into two series of five races. An individuals' best four of five scores will count toward their classification in both series.

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 the ladies race. Her score for the race is 412 (501 minus 89)

A runners' age category will be dictated by their age as at the first race of each series (Spring League – Kibworth 6. Summer League – Prestwold 10k). It is therefore possible a runner can change age category from one series to the next if they are crossing an age boundary between the two series starting. They will not change age category within a series.

Prizes are awarded for the following age categories:-

- U23 – 1st to 3rd place depending on the number of qualifying runners.
- Seniors (23-39 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 seventeen-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 LRRRL 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 LRRRL, 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.

If a runner turns 40 during a series, they automatically start to score for their vet team, even if as an individual they are still a senior.

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 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 complement 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:-

- 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 eight of ten races will count to their final score. This allows clubs to drop their lowest two league scores 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 – 2024 Divisional Structure

Mens

Division One

Badgers
Birstall RC
Huncote Harriers
OWLS
Poplar RC
Roadhoggs
West End Runners
Wreake Runners

Division Two

Barrow Runners
Desford Striders
Hermitage Harriers
Hinckley RC
Ivanhoe Runners
Stilton Striders
Wigston Phoenix
Wreake & Soar Valley

Division Three

1485 Triathlon Club
Barlestone St Giles RC
Beaumont RC
Charnwood AC
Coalville Triathlon Club
Fleckney & Kibworth RC
Harborough AC
Leicester Triathlon Club
RaceHub Triathlon Club
Shepshed RC
South Derbyshire Road Runners
Team Anstey Amblers & Runners

B Division

All teams

Veteran Women

Division One

Barrow Runners
Birstall RC
Desford Striders
Hinckley RC
Huncote Harriers
Roadhoggs
Stilton Striders
Wigston Phoenix

Division Two

Badgers
Beaumont RC
Hermitage Harriers
Ivanhoe Runners
Poplar RC
Shepshed RC
West End Runners
Wreake & Soar Valley

Division Three

1485 Triathlon Club
Barlestone St Giles RC
Charnwood AC
Coalville Triathlon Club
Fleckney & Kibworth
Harborough
Leicester Triathlon Club
OWLS
Racehub Triathlon Club
South Derbyshire Road Runners
Team Anstey Amblers & Runners
Wreake Runners

B Division

All teams

Ladies

Division One

Barrow Runners
Birstall RC
Hermitage Harriers
Hinckley RC
Huncote Harriers
Poplar RC
Stilton Striders
West End Runners

Division Two

Badgers
Beaumont RC
Desford Striders
Ivanhoe Runners
Roadhoggs
Shepshed RC
Wigston Phoenix
Wreake & Soar Valley

Division Three

1485 Triathlon Club
Barlestone St Giles RC
Charnwood AC
Coalville Triathlon Club
Fleckney & Kibworth
Harborough
Leicester Triathlon Club
OWLS
Racehub Triathlon Club
South Derbyshire Road Runners
Team Anstey Amblers & Runners
Wreake Runners

B Division

All teams

Mixed

Division One

Badgers
Barrow Runners
Birstall RC
Hinckley RC
Huncote Harriers
Poplar RC
Roadhoggs
West End Runners

Division Two

Beaumont RC
Desford Striders
Hermitage Harriers
Ivanhoe Runners
Stilton Striders
Team Anstey Amblers & Runners
Wigston Phoenix
Wreake & Soar Valley

Division Three

1485 Triathlon Club
Barlestone St Giles RC
Charnwood AC
Coalville Triathlon Club
Fleckney & Kibworth
Harborough
Leicester Triathlon Club
OWLS
Racehub Triathlon Club
Shepshed RC
South Derbyshire Road Runners
Wreake Runners

Veteran Men

Division One

Badgers
Birstall RC
Hinckley RC
Huncote Harriers
Ivanhoe Runners
OWLS
Roadhoggs
Wreake Runners

Division Two

Barrow Runners
Beaumont RC
Hermitage Harriers
Poplar RC
Shepshed RC
Stilton Striders
West End Runners
Wigston Phoenix

Division Three

1485 Triathlon Club
Barlestone St Giles RC
Charnwood AC
Coalville Triathlon Club
Desford Striders
Fleckney & Kibworth
Harborough
Leicester Triathlon Club
Racehub Triathlon Club
South Derbyshire Road Runners
Team Anstey Amblers & Runners
Wreake & Soar Valley

B Division

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 – one shield trophy for a full scoring team

Clubs have the option to purchase additional trophies for their teams if they wish.

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

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

LRRL – February 2024