



Motherwell Athletics Club

2009 Road Runners' Leagues

In addition to the overall Road Runners' Championship, athletes are divided into 5 ability leagues (mixed-sex) using existing Time Trial performances and/or race results. Athletes of similar abilities compete throughout the season at nominated events to accumulate points.

Each league scores points as per the overall Championship (but on a non-gender basis) with 10 points for the fastest finisher within each league, 9 points for 2nd and so on. The eight best results count towards the final total.

Road Runners remain fixed within their league for the duration of the season. In exceptional circumstances a runner may be reassigned to a different league if it becomes clear they have been misallocated.

In the event of a points draw for first place at the end of the season, the winner will be decided by which of the relevant runners achieves the faster time in the November Time Trial (NB: time, not finishing position).

Season Duration, Eligibility, Races

Rules are identical to the Road Runners' Championship, with the exception that no bonus points will be awarded for marathons or team events.

Results

Points will be compiled from official published race results.

Points tables will be displayed at <http://www.motherwellac.com/leagues2009.shtml> and on the notice board within the Boathouse gym.

Prizes

At the Annual prize giving, a prize will be awarded to the Road Runner within each league, male or female, with the most points accumulated throughout the season (plus 2nd and 3rd).