DAVID WOOD INTER CLUB
ROAD and FELL SERIES RULES & GUIDELINES

ROAD

1 Races are held under UKA Rules for Competition;

2 Club vests/tops should be worn otherwise athletes could be removed from official results and treated as a Non-Counter unless mitigating circumstances. Clubs have 3 weeks to lodge an appeal to the IC Committee;

3 Numbers MUST be worn otherwise athletes will be shown as a Non-Counter in the Results. If you lose your Number please ensure that you write a replacement Number clearly and legibly so that the Recorders can see it;

4 Please complete the details on the back of the Race Number, especially if you have a Medical Condition and ensure that you wear your allocated number;

5 The DW IC Committee has decided that no Headphones or similar devices are to be worn in the IC Road Races;

6 In order to comply with the Race Permit NO GUESTS will be allowed;

7 Team Scorers:

i)	Open Team	-	First 10 to score (M or F)
ii)	Female Team	-	First 5 to score
iii)	FV40+ Team	-	First 5 to score
iv)	Masters	-	First 6 to score (M or F)
v)	Masters 50+	-	First 4 to score (M or F)
vi)	Masters 60+	-	First 3 to score (M or F)

8 Masters are Female 35+ and Male 40+ and Minimum Age is 15 on the day of competition;
Only 1 Award per athlete, though engraving will reference the other position e.g. 1st Overall & 1st M40.
Awards 1st 3 Overall and up to 2 per Masters Category in 5 Year Age Groups (F35 up & M40 up)

9 Currently the Series will comprise 7 Races - one hosted by each participating Club;

10 Current Clubs at 2023 are:

i) Blackpool, Wyre & Fylde AC
ii) Chorley Tri & AC
iii) Lytham St Annes Road Runners
iv) Preston Harriers
v) Red Rose Road Runners
vi) Thornton Cleveleys Running Club
vii) Wesham Road Runners

11 Any new Club wishing to join must apply to the IC Chair by 30th September for consideration at the Annual Meeting of existing Clubs in early November;

12 Stop Watches will be provided by the IC where possible;

13 An Annual Fee, to cover Trophies (Road & Fell) and Numbers, will be agreed and paid by each Club;

14 The IC Bank Account is currently held with Barclays;

15 Guidelines should be reviewed at least annually and updated if necessary.

FELL RACE RULES

1 Team Scoring

Number of runners in a team:
Overall – 5 runners, Vet 40 – 4, Vet 50 – 3, Vet 60 – 2, Ladies – 3.
1st 7pts, 2nd 6pts etc to 7th 1pt.
Incomplete teams still score points.
Teams with no finishers score 0pts.
The number of races to count for team prizes is 4 out of 4.

2 In the event of a tie

In the event of a tie the following tie break system is used:
If two teams finish on equal points the winner will be decided in the following order:
The club that has finished a complete team in all 4 races.
The club which has beaten the other the most times in races where they have both competed i.e. 'head to head'.
Should this result still result in a tie, then the winner will be the team with the lowest total points in the races where they have competed 'head to head'.

3 Individual Scoring

The scoring system for each category is
1st 100pts, 2nd 99pts, 3rd 98pts etc to 100th and below 1pt
This is a scoring system where each categories results are only influenced by runners within that category.
The number of races to count for individual prizes is 3 out of 4.
Categories: For Men & Women - Overall, Vet 40, Vet 50, Vet 60.

4 In the event of a tie

If two runners finish on equal points the winner will be decided in the following order:
The runner that has competed in all 4 races.
The runner who has beaten the other the most times in races where they have both competed i.e. 'head to head'.

Should this result still result in a tie, then the winner will be the runner with the lowest total time in the races where they have competed 'head to head'.

5 Prizes

Individual trophies are awarded to first 3 Men & Women and first 2 in Vets categories.
Individuals will only receive one trophy, though engraving will reference the other position e.g. 1st Overall & 1st M40.
Team trophies are awarded for Overall, Vet 40, Men Vet 50, Men Vet 60, Women.
The results produced by the results compiler are final.