

INTER CLUB ROAD SERIES GUIDELINES

- 1 Club vests should be worn otherwise athletes could be removed from official results and treated as a Guest unless mitigating circumstances. Clubs have 3 weeks to lodge an appeal to the IC Committee;
- 2 Numbers MUST be worn otherwise athletes will be shown as a Guest in the Results;
- 3 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) Veterans - First 6 to score (M or F)
 - v) Veterans 50+ - First 4 to score (M or F)
 - vi) Veterans 60+ - First 3 to score (M or F)
- 4 Veterans are Female 35+ and Male 40+ and Minimum Age is 15 on the day of competition;
- 5 Currently the Series will comprise 7 Races - one hosted by each participating Club;
- 6 Current Clubs at 2019 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 Road Runners
 - vii) Wesham Road Runners
- 7 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;
- 8 Stop Watches will be provided by the IC where possible;
- 9 An Annual Fee, to cover Trophies (Road & Fell) and Numbers, will be agreed and paid by each Club;
- 10 The IC Bank Account is currently held with Barclays;
- 11 Guidelines should be reviewed at least annually and updated if necessary.