



## **Cambs AA Road league Rules 2026**

Overall series placings will be calculated for the following categories: open male (all ages), open women (all ages), M35-44, M45-54, M55-64, M65+, W35-44, W45-54, W55-64 W65+, open men's team (all ages) & open women's team (all ages). The age category for the series will be taken from the age of the athletes on the January 1<sup>st</sup>, 2025. Age categories for Championship races will be age on the day of the event.

For individual categories: Points are awarded in each race to the first 30 men, first 30 women, first 10 M35, first 10 M45, first 10 M55, first M65+, first 10 W35, first 10, first 10 W45, first W55 and first 10 W65 + eg, 1<sup>st</sup> place scores 30, 2nd place scores 29, so on, down to 30th place scores 1. Only runners who are members of clubs affiliated to Cambridgeshire AA will be considered when allocating points.

For each of the two team categories: A ranking in each race is given to every runner from a Cambs AA club — 1 point for first place, 2 points for second place and so on. Only runners who are members of clubs affiliated to Cambridgeshire AA will be considered when allocating rankings and can only score for one club per season, if they change clubs during the year. In each race, teams are then ranked according to their three top-ranked runners in that category. Points will be awarded in each race to the top 10 men's teams and top 10 women's teams (10 points for first down to 1 point for 10th). Runners can only score for one team for the season.

Athletes should run for their first claim clubs in the league events and that club will be awarded the points, should they score.

Overall series points: For individual honours: runners' best four scores will count towards the overall series points. For team honours: scores in all staged races will count towards the overall series points.

Race cancellations: If fewer than six races are staged in the league, only the best three scores will count for individual honours. The league will be annulled if fewer than three races are staged.

Overall series points ties: Individual: In the event of ties, positions will only be separated for top three in each category. Positions will be decided based on head to heads in races in which the respective runners scored (not "ran"). If this is tied, positions will be scored based on which runner(s) have the most sets of maximum points in the respective category. If this still does not separate the runners, positions will be declared equal and the title shared. Teams: In the event of ties, positions will be decided on which club(s) have the most sets of maximum points (may be less than 10 if teams were joint first). If this still does not separate the teams, positions will be declared equal and the title shared.

Request to clubs: Where your athletes are listed in results as unattached (due to Run Britain/UKA rules), please inform us and we will make changes for Cambs RL standings. We'd like to ask all clubs if they could ask for one volunteer to check their club's CRL scores after each fixture update, please. This is so that any errors are corrected as soon as possible, and clubs can be added in respect of the above. Errors cannot be rectified after the awarding of prizes at the Cambs AA presentation evening in December.

Queries: email [tyfarrer3@gmail.com](mailto:tyfarrer3@gmail.com)

### Overall end-of-season trophies

(We reserve the right to amend if the full league does not go ahead)

Open Male = Trophies for top 3 positions

Open Female = Trophies for top 3 positions

Vets (each AG) – Trophy for overall AG winner

Teams – Shield for overall winning team in both categories

## Cambs County Championships Races – 2026

Entry requirements for eligibility are as follows, one from the below: -

Born in the county

Resident for a qualifying period of 9 months in the county immediately before the competition

By service in a unit of HM Forces stationed in the county for 9 months prior to the date of competition

All masters age categories are the same as the league and taken as age on the day of the race.

Individual awards will be presented to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in the open race, then 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place in each of the age categories. If a master in any category were to finish in any of the top 3 positions, they will only be awarded the overall position and not the age category award.

Current club vests must be worn by athletes entering from a registered club

UKA race rules will apply to the event and in the case if any dispute the referee on the day's decision will be final.

The following races have been selected as county championship races for 2025.

Cambourne 10K – 12<sup>th</sup> April  
Eye 5mile – 16<sup>th</sup> July  
Peterborough 5K race 5 – 5<sup>th</sup> August  
Sawtry 10mile – 6<sup>th</sup> September