



## **GAAA Road Racing League 2023/24**

### **ROCK RUNNERS LEAGUE**

All Races start on Sunday @ 10:00am

#### **Fees**

Individual Registration Fee £5 per race  
Single £30 Team Registration Fee for the League

or

#### **Packages**

Individual Registration Fee £30 includes all seven races (no refunds).

#### **Assembly/Registration point**

The Assembly/Registration point for these races is situated by the Campion Park promenade. Races start at 10.00am.

#### **How to Register**

Registration will be open 8 to 10 days prior to each race via online registration in the Gibraltar Athletics website. The closing date will always be the Thursday prior to each race with Bib collections and pending payments on the Friday.

#### **Runners Enclosure**

There will be facilities for runners to store tracksuits, sports bags, etc at the finish line.

## Individual League Categories

### Male/Female divisions in All Categories

Trophies for first three in each category both male/female at the end of the league

- Junior : Age Group 15 to 18
- Senior: Age Group 19 to 34
- Masters A: Age Group 35 to 44
- Masters B: Age Group 45 to 54
- Masters C: Age Group 55 to 59
- Masters D: Age Group 60 to 64
- Masters E: Age Group 65+

### Overall individual Winners

The overall winner both male and female to be presented with a Trophy and the title of:

**KING OF THE ROAD/QUEEN OF THE ROAD**

## F. Team League Categories

Trophies for first three teams both male/female at the end of the league

The overall winning team both male and female to be presented with a Trophy and the title of:

**GAAA ROAD RACING TEAM CHAMPIONS**

## **League Races/Routes and Dates – Note routes may change based on Technical advice.**

***Note: These are 'Road Races' and as with all road races care must be taken with road traffic and pedestrians. Marshals will be placed at intervals across the route***

**Race No 1 – (Approx. 4km) 8<sup>th</sup> October 2023**

Start Line Wall Opposite City Hall / Lovers Lane / Trafalgar Interchange / Rosia Road / Turn Round Cumberland Road / Rosia Road / Ragged Staff/ Queensway / Finish Mid Town Park.

**Race No 2 – (Approx. 6.5km) 22<sup>nd</sup> October 2023**

Start Line Wall Opposite City Hall / Lovers Lane / Trafalgar Interchange / Rosia Road / Cumberland Road / Rosia Plaza / Camp Bay / Turn by Europa Pool / Camp Bay / Rosia Plaza / Cumberland Road / Rosia Road / Ragged Staff/ Queensway / Finish Mid Town Park.

**Race No 3 – (Approx. 10km) 5<sup>th</sup> November 2023**

Round the Rock Start by Old Rooke site / Finish Campion Park

**Race No 4 – (Approx. 8.5km) 19<sup>th</sup> November 2023**

Start Line Wall Opposite City Hall / Line Wall / Smith Dorrien Bridge / Winston Churchill Avenue / Devils Tower Road / Catalan Bay / Turning point before Sandy Bay / Catalan Bay / Devils Tower Road / Winston Churchill Avenue / Smith Dorrien Bridge/ Line Wall Road / Lovers Lane / Ragged Staff/ Queensway / Finish Mid Town Park.

**Race No 5 – (Approx. 10km) 17<sup>th</sup> December 2023**

Start Line Wall Opposite City Hall / Line Wall / Smith Dorrien Bridge / Winston Churchill Avenue / Devils Tower Road / Catalan Bay / Sandy Bay / Turning point before Dudley Ward Tunnel / Sandy Bay / Catalan Bay / Devils Tower Road / Winston Churchill Avenue / Smith Dorrien Bridge/ Line Wall Road / Lovers Lane / Ragged Staff/ Queensway / Finish Mid Town Park.

**Race No 6 – (Approx. 5km) 21<sup>st</sup> January 2024**

Start Europort Avenue/ Queensway / Ragged Staff / Rosia Road / Cumberland Road /Turn By Anchorage / Cumberland Road / Rosia Road / Ragged Staff/ Queensway / Finish Mid Town Park.

**Race No 7 – 'Endurance Challenge' (Approx. 16km) 4<sup>th</sup> February 2024**

Start: 3 loops as follows :- Outside Old Rooke site / Queensway / Waterport Road / Glacis Road / Turn By Glacis Kiosk / Line Wall Road / Lovers Lane / Trafalgar Interchange / Rosia Road / Turn by Cumberland / Rosia Road / Ragged Staff Road / Queensway - In last loop end in Mid Town Park

## **GAAA Road Runners League Basic Competition and General Rules**

### **INDIVIDUAL LEAGUE**

#### **Registration**

**All runners** register as an individual and compete in the individual League.

#### **Individual Scoring**

**Individual Race Points (IRC)** are the way the individual positions are decided in each race (Points are awarded for position, 100 for the winner, 99 for second and so on..) The individual with highest aggregate numeric score on the best scoring 6 races out of the 7 races at the end of the League is the winning individual. For Junior Category this will be best scoring 5 races out of the 7 races at the end of the League.

#### **Trophies**

The Individual league is based for both men and ladies with trophies awarded for as follows:

<b>Rock Runners Individual League</b>
<b>Male &amp; Female Division</b>
<b>Categories:</b> <b>Master (M/W35, M/W45, M/W55, M/W60 &amp; M/W65+)</b> <b>Senior (19 to 34)</b> <b>Junior (18 Yrs &amp; Under*)</b> *The minimum age is 15 at 31 <sup>st</sup> December '23
<b>1st, 2nd &amp; 3rd Place Trophies</b>

With the overall League winners (Male & Female) awarded the:

### **KING AND QUEEN OF THE ROAD TITLES**

**All participants will receive an individual league medal**

## **TEAM LEAGUE**

### **Teams**

All runners participating in the Team league are registered for the individual League and also score in this League. A team can consist of any amount of runners. With scoring based on sets of 3 runners for the men and women's teams. An incomplete team which has a number of runners short can still score. If a Team has no runners for a particular race, they are considered a "no show" for that race, and will score '0'. Thus a Team can be made up of a group of friends or a corporate establishment with any number of runners.

A large team thus scoring in terms of 'team' A, B, C, etc for the same team. Eg: Runners A, Runners B and Runners C. If 9 team members take part in both categories.

All Teams must have a Team Captain who will nominate the Team members, the Team Name and the Team colours. The Team members can vary per event. This is to cover for Team members that work shifts or are absent on a particular race day for reasons outside the Team's control. But please note that once the Team members have been registered for the League there can be **no substitutions of runners** between Teams. Team members must be affiliated to the club by the date of registration of the race.

### **Team Scoring**

**Team Race Points** are awarded per individual finishing position, (100 for the winner, 99 for second and so on). Team scoring is based on adding up the finishing race points of the **sets of 3 Team runners**. If only 1 or 2 team members run for a team on any race then the total points of the 1 or 2 team members will count. No-show teams score '0' race points. Men's team and Ladies' team leagues will be decided on the 7 races from the series.

Individual runners scores/positions participating in the event will not be included as part of the team point scoring.

The team points obtained per race are carried forward and accumulated per race. The team with most points at the end of the league (all seven races count) will be the league team winner.

## Team Scoring example

	Race 1	Race 2	Race 3
Team A	100	100	100
Team A	99	99	99
Team B	98	98	98
Team C	97	97	97
Team C	96	96	96
Team A	95	95	95
Team B	94	94	94
Team C	93	93	93
Team B	92	92	92
Team D	91	91	91
Team D	90	90	90
Team D	89	90	89
<b>Total Team A</b>	<b>294</b>	<b>291</b>	<b>284</b>
<b>Total Team B</b>	<b>284</b>	<b>191</b>	<b>294</b>
<b>Total Team C</b>	<b>286</b>	<b>283</b>	<b>285</b>
<b>Total Team D</b>	<b>270</b>	<b>280</b>	<b>271</b>

<u>Total after 3 races</u>	<u>Position</u>
869	1
769	4
854	2
821	3

## Trophies

The Team league is based for both men and ladies teams with Team trophies awarded to Male and Female Divisions First, second and third place teams.

With the overall Team League winners (Male & Female) awarded the:

**GAAA ROAD RACING TEAM CHAMPION**



**The League is run under GAAA Rules and under normal road running rules.**

### **GENERAL RULES**

1. The league is composed of seven varied road races.
2. All road races will be run on Sunday mornings at 10:00am.
3. Registration for each race done online.
4. The cost of entry will be decided by the League committee each year.
5. The present individual registration fee for each Race is £5. A package is also available.
6. There is a single £30 Team Registration Fee for each full Team.
7. Each team must have a unique name having a maximum of 20 characters.
8. The league committee reserves the right to disqualify a team(s) from the League, or reject any team name if it believes that the team name is inappropriate or offensive.
9. Team colours are compulsory and must be worn.
10. Runners must wear at least vest and shorts.
11. The number allocated to the specific individual at registration must be worn on the vest front and be visible.
12. The minimum competitor age is 15 at 31<sup>st</sup> December 2023 for this year's League.
13. No person may represent more than one team in a season.
14. Awards of trophies will be decided by the committee.
15. Matters of doubt will be determined by the league committee whose decision will be final.
16. Men's team and Ladies' team leagues will be decided on the 7 races from the series.
17. The individual with highest aggregate numeric score on the best scoring 6 races out of the 7 races at the end of the League is the winning individual. 5 out of 7 for Juniors.
18. Once a runner is registered for a team, he/she will not be able to run for a different team.
19. Team managers should, if possible, register their runners by the first race of the League.
20. No ear phones or audio devices to be worn during races, runners caught competing with these will be disqualified.
21. Any runner or team captain who brings the sport into disrepute with comments on social media the press or by any other means will be disqualified immediately from the league.
22. Any points of concern to be raised directly with the GAAA Council.
23. Water will now be supplied during races above 10km so in the league only for race 7.
24. The club they represented by the close of registration of the race in question must affiliate team members.
25. All participants in races must follow the race route indicated, failure to do so will result in disqualification.



### **RUNNERS ELIGIBILITY**

- The Individual & Team League are 'OPEN' and, as such, any person can register for the League.
- The minimum age is 15 at 31<sup>st</sup> December 2022.

### **LEAGUE FEE STRUCTURE**

- The individual registration fee for each Race is £5.
- Or Individual Registration Fee £30 includes all seven races (no refunds).
- There is a single £30 Team Registration Fee for each full Team.