



GIBFIBRE GAAA Road Racing League 2024/25

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: 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) 10th November 2024

Start Line wall Road / 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) 17nd November 2024

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) 15th December 2024

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

Race No 4 – (Approx. 8.5km) 19th January 2025

Start Line: Wall Road, Lovers Lane, Up Europa Road, Down Naval Hospital Hill, Round Mosque, Keightly Way Tunnel, Rosia Plaza, Cumberland Road, Rosia Road, Ragged Staff, Queensway, Finish: at Campion Park Promenade

Race No 5 – (Approx. 10km) 2nd February 2025

Start Line: Line Wall Road by Youth Centre, Lovers Lane, Down Ragged staff, Queensway, Waterport Road, Glacis Road, Up Smith Dorrien Bridge, Line Wall, Lovers Lane, Rosia Road, Rosia Plaza, Turn by Europa Pool, Rosia Plaza, Cumberland Road, Rosia Road, Down Ragged Staff, Queensway, Finish: at Campion Park Promenade

Race No 6 – (Approx. 5km) 16th February 2025

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) 9th March 2025

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:

Rock Runners Individual League
Male & Female Division
Categories: Master (M/W35, M/W45, M/W55, M/W60 & M/W65+) Senior (19 to 34) Junior (18 Yrs & Under*) *The minimum age is 15 at 31 st December '24
1st, 2nd & 3rd Place Trophies

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

Total Team A	294	291	284
Total Team B	284	191	294
Total Team C	286	283	285
Total Team D	270	280	271

<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 recommended to be worn but not compulsory.
10. Runners must wear at least vest and shorts (or be objectionable, even if wet).
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 31st December 2024 for this year's League. equivalent clothing) which are so designed and worn as not to
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 can 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.



RUNNERS ELIGIBILITY

- The Individual & Team League are 'OPEN' and, as such, any person can register for the League.
- The minimum age is 15 at 31st December 2024.

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.