NORTHANTS ROAD RUNNING LEAGUE 2025

This year there will be 9 races in the series:

Stanwick 10km	Mon Apr 21st
Silverstone 10km	**Tue May 6th**
Blisworth 5 mile	**Fri May 16th**
Weedon 10km	**Tues June 17th**
Corby 5 mile	**Weds June 25th**
Wellingborough 5 mile	**Sun July 13th**
Sunset 5km (Desborough)	**Sun July 27th**
Northampton Half Marathon	**Sun Sep 14th**
Rugby 10 mile	**Sun Sep 28th**

Rules outline:

1. Qualification All clubs that are fully paid-up members of Northants AA will be **automatically** entered. All individuals who participate as members of these clubs will count in the league.

2. Individual competitions:

There will be an open category for both male & female:

For each race the scoring will be 200 for the first, 199 second,198 third etc. The total for the BEST FIVE will count.

There will be Masters competitions. For males Over 40, Over 50 and Over 60. For females Over 35, Over 45 and Over 55. The scoring for male Over 40 will be 100 for the first, 99 for the second etc. For the rest the scoring to be 50, 49 etc. BEST FIVE to count.

3 Team competitions

For each race there will be a male, female and combined competition.

Males: First four to count Females : First three to count Combined: Scores for the male and female teams added together. For each race the first club scores 14 points the second 13 etc.

At the end of the series the best SEVEN team scores will count