

# DORSET ROAD RACE LEAGUE 2019

## A GUIDE FOR NEW MEMBERS (OR OTHERS WHO ARE UNFAMILIAR WITH THE LEAGUE'S WORKINGS)

The **Dorset Road Race League (DRRL)** is the main competitive road running league in which Poole Runners participate in. It's possible to win individual age category and team prizes. There are twelve selected races of varying distances, spread over Dorset each year. All First Claim Club members who are registered EA Athletes are automatically awarded league points when finishing these races. For seniors your best 7 results will score towards the League. For Under 17s it's the best 3 of the 4 selected U17 races and for Under 21s the best 6 of 11

Prizes are awarded to the first three male and female individuals in the league (irrespective of age category) and the top male/female from each participating Club. In addition there are age category awards for first Male/Female 21 -24, and in each 5 year age group thereafter, i.e. 25 -29, 30 -34, etc.

### Team Competition

There is a male and female team competition open to all Member Clubs in the League. In each league race, in division, one the first five men and first three ladies count as scorers. The lowest cumulative position total (after non-league runners have been deleted) determining the winning team. In the event of a tie the position of the last runner is the deciding factor. In 2018 Poole Runners won the ladies team trophy! The best seven scores from the twelve races are used to determine the overall trophy winner.

### Check your own league position throughout the year.

In 2018 we had a number of our members who just missed out on an age category award as only six races of the required seven were completed. It's always worthwhile keeping an eye on your own position in the League. We have our own DRRL page on our web-site (under "Events") linked directly to the League's own web-site.

The twelve events that make up the 2019 road race league are listed below. Many have also been selected as a Poole Runners 2019 Club Championship (ROAD) race. All tend to fill up quickly. All are UKA licenced events and are usually promoted by local running Clubs with entry fees supporting the relevant Club and Athletics in general (a proportion of you entry fee supports coaching courses etc.) as opposed to events promoted by management companies which are often unlicensed and don't donate to our governing body.

Broadstone Quarter – 1st Jan	Purbeck 10K – 21st Jun
Lytchett 10 – 10th Feb	Stur Half – 4th Aug

Bournemouth 10 – 24th Feb	Portland Round the Rock 10K – 11th Aug
North Dorset Village Marathon – 5th May	Littledown 5 -15th Sep
May 5 – 19th May	Wimborne 10 – 17th Nov
Puddletown Plod Half – 9th Jun	Boscombe 10K – 24th Nov

**Full rules** (lots of them!) can be found on the DRRL web-site. A few notes, mostly concerning age categories are copied below:-

- Club Vests must be worn.
- Points are awarded after unattached runners and non DRRL Clubs have been removed from the results.
- **U17 Runners** are eligible for the Under 17 competition from their 15th birthday until 31st December following their 17th birthday.
- **U21 Runners** are eligible for the Under 21 competition from January 1st following their 17th birthday until 31st December following their 21st birthday.
- **Senior Runners** are eligible for a particular age group from the 1st January in the year they meet the minimum age requirement. For the purposes of the League all senior competitors have birthdays on January 1st.

### **Finding your results**

The Dorset Road Race League web-site (<http://dril.co.uk> ) shows full results for both individuals and teams under “**League Tables**”. The results can be sorted both by “Club” and/or “Age Category”. The system contains a vast amount of information but it takes a little time to become familiar with. (Best done on a tablet or laptop) Use “**General Search**” for your own results, “**Team Positions**” for our Club team positions “**League Positions**” to find your own position within the league.

**Its recommended that a little time is spent using the system in order that you can check your individual position throughout the 2019 season.**