

Clane AC Adult Running Club League 2019 Rules

Rules

Participants can compete in as many of the listed events as they choose.

Participants must complete a minimum of 5 of the 17 races listed to score.

Each runner's best 5 results from the listed events for the year will be used to calculate final league tables and prizes.

Runners are responsible for registering themselves for each event.

Runners must ensure they are registered for 'Clane AC' in the team field for each race.

Runners must wear the club singlet or club running top at each race.

Separate league tables will be kept for M, F and Fit4Life athletes.

Previous race PBs must be declared before the first event.

When race dates are updated, further information will be available on this website and on the Club Facebook page.

Scoring

For each league table (M/F/Fit4Life):

1st runner home registered as Clane AC is awarded 20 points.

2nd runner home registered as Clane AC receives 19 points, and so on up to the 20th runner, who receives 1 point.

Any runner who achieves a PB in an event also receives a bonus of 20 points.

Any runner who competes in the County Masters or County XC or races also receives a 20 point bonus.

This list may be updated and dates and times are provisional

Race	Date	Distance	Location	Club	Time
The Streets of Naas 5K	21st April	5k	Naas	Naas AC	14:15
Fr Cantillion 6K	27th April	6k	Staplestown	St Kevin's AC	12:00
Robertstown 5km	6th May	5k	Robertstown	Robertstown AC	???
Leixlip 5K	8th May	5k	Leixlip	Le Cheile AC	20:00
Bob Heffernan 5K	21st May	5k	Enfield	Na Fianna AC	20:00
Braveheart 5K	14th June	5k	Trim	Trim AC	20:00
St Coca's 5K	28th June	5k	Kilcock	St Coca's AC	20:00
Frank Kilrane Perpetual Cup	21st July	10M	Edenderry	Edenderry AC	9:30
Carton Train 6K Run	25th July	6k	Maynooth	Dunboyne AC	20:00
Kilcock 10 From 10	18th August	10M	Kilcock	St Coca's AC	10:10
Celbridge 5k	29th August	5k	Celbridge	Celbridge AC	19:30
Ratoath Half Marathon	14th Sept	Half	Ratoath	Ratoath AC	11:00
Donadea 10k	October	10k	Donadea	Donadea RC	11:00
DCM	27th October	Full	Dublin		9:00
Clane AC Road Race date TBD					
Jack Fadden Acquired Brain Injury run - Clane 5k/10k	November	5k/10k	Clane	Unaffiliated	11:00
County XC TBD					

Clane AC Adult Running Club - 5k Leagues

Register your best 5k time between 1st January and 31st March, then register your best time from 1st April until end November. Biggest percentage improvers will win a fab prize!

All data must be entered into the google docs either by installing google sheets on android or IOS. Or from a windows laptop/pc.

All the spreadsheets are available here:

https://docs.google.com/spreadsheets/d/1353xqr2Kc86R3l0U6e_1Xb3QyRiYLGdrha4s_JjuKo4/edit?ts=5c82a7b0#gid=0

Or please click on the button below to enter your details.