

## **Midweek Road Race League**

### **Constitution and Rules (updated 2026)**

#### 1. **Title**

The name of the competition shall be the Mid-Week Road Race League

#### 2. **Objective**

The objective of the league is to provide a number of mid-week road races, held under UKA rules every year in the months of May, June and July.

#### 3. **Annual General Meeting**

3.1 An AGM of the league will be held every year before March 15<sup>th</sup>. No other meeting will be held unless requested by a minimum of 50% of elected clubs.

3.2 The reasons for the AGM are:

- a) To elect a chairperson to preside over meetings, with the power of the casting vote.
- b) To elect a secretary to deal with all correspondence.
- c) To elect a treasurer to deal with all financial business including an annual report and next season budget including proposal for affiliation fees and event subsidy).
- d) To elect a results secretary for all divisions to deal with results at each race and to publish the results of each league meeting.
- e) To discuss and make rule changes. No rule shall be altered nor new rule passed except when a simple majority of the persons attending and entitled to vote at an Annual General Meeting or Extraordinary General Meeting called for the purpose vote in favour of the action.
- f) To re-elect member clubs and to consider any applications from other clubs who wish to join the league.
- g) To agree fixtures of the forthcoming season.
- h) To discuss any other business.

3.3 All clubs present at the AGM shall have one vote each.

3.4 New clubs seeking membership to the league must be represented at the AGM.

#### 4. **Composition of League**

The league shall comprise three divisions: 1, 2 and 3. At the end of the season, the bottom two clubs, in Division 1 will be relegated to Division 2, in Division 2 will be relegated to Division 3. The top two teams, in Division 2 will be promoted to Division 1, in Division 3 will be promoted to Division 2. These relegations and promotions will be subject to the number of teams in the league and number of clubs in each division and may make allowance for clubs joining or leaving the league. Any new clubs elected to the league will join Division 3.

#### 5. **Quorum**

No meeting may go ahead unless there are 50% of the elected clubs present.

#### 6. **Affiliation**

The affiliation fee per annum for all elected clubs will be decided at the AGM and must be paid by the end of March. Failure to pay will mean expulsion from the league. In the event of the league being wound down, the surplus of the funds is to be donated to a charity determined by the committee.

#### 7. **Race Meetings**

- 7.1 Every elected club will be expected to host, co-host or assist a race meeting each race season. This does not necessarily have to be within the clubs own division.
- 7.2 Host clubs will receive a fixed subsidy.
- 7.3 Race start time should be 7.45pm. To ensure sufficient light the Committee will decide the earliest date meetings can be in May to allow for a 7.45pm start.
- 7.4 The host club is responsible for providing a course that is between 5 and 7 miles long. A road course is preferable, but a x-country or road and x-country route may be used. The distance of the race should be published. A water station must be provided at approximately half distance.
- 7.5 The host club will be responsible for abiding by and enforcing permit and league rules. Runners may be removed from the results for rule infringements. Competing Clubs may have points deducted for rule infringements. Bans may result for serious or repeated rule infringements by runners or clubs.
- 7.6 The host club must provide a race organiser to take overall charge of the meeting and to organise marshals, timekeepers, officials and the First Aid cover provided by the league. All marshals to have mobile phones and contact number of Race Director/Central Person who isn't running as well as the First aid contact should an emergency arise.

- 7.7 The host club will provide toilets and changing rooms, and should provide refreshments.
- 7.8 All runners shall wear an identifiable club vest or t-shirt.
- 7.9 All runners shall wear a race number, and may be disqualified if finishing without one.
- 7.10 Runners must not run wearing headphones or other impediments to their hearing. Any runner infringing this rule at any point in the race will be disqualified and removed from the results.
- 7.11 Each team manager is to provide the results secretary with a typed list of all possible runners that should include the runner's date of birth. Each runner is to be classified as male or female, and as a senior, or with their vet category (M40/W45 etc.). Age is to be that as at the date of the first race in the division that the club is competing in.
- 7.12 The host club must collect finish line data electronically, and arrange to email the results files to the Results Secretary. The host club must also collect backup data in the form of a written sequential list of finishers, as a backup to be used if an anomaly in the electronic data is found.
- 7.13 Each team manager is to ensure that vet classification is stated on all results sheets before presentation to the results secretary.
- 7.14 A copy of the race permit must be sent to the secretary and displayed at the race venue.
- 7.15 Details of races must be provided to competing clubs at least 2 weeks before the date of the fixture.
- 7.16 The Committee will provide finish tokens to the host club, before each race, and to be returned after the race. The Committee will provide written guidance on the best practice for collecting this data.

## 8. **System of Scoring and Trophies**

- 8.1 For each division there are two separate competitions, one for men and one for ladies. All runners, however, will start at the same time and run the same route.
- 8.2 All clubs may enter as many runners as they wish for any meeting. Only the first twelve men and first eight ladies will score for the team.
- 8.3 Scoring System: 1<sup>st</sup> place = 1 point. Non-runners score 10 points more than the last runner's score for that race (i.e. if the last runner scores 220 points, non-runners will score 230 points if required).

- 8.4 For each race the individual points score will be added together to determine the team score. In each division, the team with the lowest points total on the night will receive a 'corrected points score' equivalent to the number of teams in the division. The second best team will receive one less point, and so on down to the bottom team who will receive one point. Teams with no finishers will score zero. The combined point scores for both the men's and ladies teams will be added together at the end of the season for the purposes of promotion and relegation.
- 8.5 The same system as 8.4 will be used for the vets competition but with the first six vet men and the first four vet ladies.
- 8.6 A runner can only receive one individual trophy. Where veterans finish within the Open category individual prize list they will receive an Open category trophy. Other veterans are only eligible for trophies within their age category.
- 8.7 Categories are Open male, Open Female, MU20, FU20, M40, M50, M60, M70, M80+, F35, F45, F55, F65 and F75+. A runner's category will be determined by their age on the day of the first fixture of their division.
- 8.8 Team prizes will be awarded to first male, first female, first male veteran and first female veteran teams in each division. Trophies will be awarded to first combined male and female teams in each division.
- 8.9 The league will meet the cost of engraving trophies. Clubs must return trophies before or at the first race of the season. A club is expected to pay for any damage to a trophy or to replace a lost trophy. The committee will have the trophies (except mob match trophy) engraved before the prize giving. Mob Match winners can engrave the trophy and submit receipt to treasurer to reclaim cost.

## 9. **Eligibility**

- 9.1 The league is open to first claim members of UKA clubs (defined as members with a UKA registration number) elected at the AGM. The committee will rule on disputes.
- 9.2 Second claim runners of UKA clubs (members with UKA registration number associated to another club) will be allowed to compete if the individual's first claim club does not compete in the league and their details are provided to the results secretary prior to the first fixture of the season.
- 9.3 Runners not subject to 9.1 and 9.2 above competing in the league can run for UKA running clubs, ARC running clubs or BTF Triathlon clubs that they are a member of.
- 9.4 Runners can only run for one club in a race season.
- 9.5 UKA period of suspension on changing clubs does not apply.

9.6 Runners temporarily in area (e.g. visiting, or for work) will be allowed to run as Guest runners. This must be agreed with the results secretary prior to the race. Anyone living in the area for the period of the race season will not be allowed to take part as Guests.

9.7 All runners must be 16 years of age or over at the first fixture in the division that the club is competing in.