**OFFALY ATHLETICS 5K ROAD RACE SERIES RULES 2023.**

**ALL CLUBS MUST ADHERE TO THE RULES OUTLINED BY THE OFFALY ATHLETICS COUNTY BOARD.**

**8 races in the series. An athlete must compete in 5 races to qualify for the individual ORRS age group and overall awards.**

**Clubs must have a minimum of 4 athletes competing in all 8 races to qualify for team awards.**

**The 1st 4 runners across the line for the same club score for the team. This can be a different 4 runners in each of the races. A junior (16 - 20yrs) can score on a team.**

**Series Age Categories**

**(Athletes remain in the the age category declared at their first ORRS race for duration of the series)**

**1. Junior (16-20 yrs)**

**2. Senior (21- 39 yrs)**

**3. O40**

**4. O45**

**5. O50**

**6. O60,**

**7. O70 .**

**\*\*\*Juveniles aged 13 to 15 years are permitted to run in the ORRS but there are no juvenile prizes\*\*\*.**

**ORRS Awards**

**There will be trophies for the 1st, 2nd and 3rd overall men and women finishers.**

**There will be trophies for 1st, 2nd and 3rd in all of the above age categories.**

**There will be trophies for 1st, 2nd and 3rd teams for both men and ladies. Each member of the winning team prize will receive a trophy.**

**\*Points system will be used to calculate the individual and team winners. For example; a runner comes 1st in all 5 races he/she will receive 5 points. If a runner runs all 8 races, his/her 5 best results are used.**

**In the event of a draw in any of the results - the “Count Back” system will be used to decide the final result as per AAI Rules.**

**\*WINNERS OF SERIES TROPHIES MUST BE REGISTERED WITH AN ATHLETIC CLUB IN OFFALY AT THE START OF THE SERIES\***

**\*\*PLEASE ENSURE ALL PARTICIPATING CLUB MEMBERS ARE REGISTERED WITH CLUB AND AAI \*\***

**\*\*FOR THE TEAM PRIZES ONLY\*\* - CLUBS ARE RANKED INTO DIVISION 1 and DIVISION 2. Therefore there will be 1st, 2nd and 3rd team trophies in both divisions. The divisions are selected based on the final team placings from the 2022 results.**

**Offaly Athletics 5k Series Team Divisions**

**Ladies Division 1**

**Birr AC**

**Ballyskenach AC**

**Edenderry AC**

**Ferbane AC**

**Tullamore Harriers AC**

**Ladies Division 2**

**Banagher AC**

**Clara AC**

**Kilcormac Killoughey AC**

**Naomh Mhuire AC**

**Rhode AC**

**Men Division 1**

**Birr AC**

**Edenderry AC**

**Ferbane AC**

**Naomh Mhuire AC**

**Tullamore Harriers AC**

**Men Division 2**

**Banagher AC**

**Ballyskenach AC**

**Clara AC**

**Kilcormac Killoughey AC**

**Naomh Ciaran AC**

**Rhode AC**

**• Cash prizes for individual races: 1st Junior €30**

**1st Finisher €100**

**2nd Finisher €70**

**3rd Finisher €50**

**1st O40 €50**

**1st O45 €50**

**1st O50 €50**

**1st O60 €50**

**1st O70 €50.**

**• Entry fee: €8 Junior (non AAI athlete €10. Senior/Master €13 (non AAI athlete €15).**

**List of races in the 2023 Offaly 5k Road Race Series. 12th March - Tullamore Harriers AC**

**26th March – Banagher Ac**

**16th April - Clara AC**

**7th May – Ferbane AC**

**2nd June – Ballyskenach AC.**

**9th June - Naomh Mhuire AC**

**21st July -Rhode AC**

**4th August - Birr AC**

**The series is open to athletes not affiliated to Offaly Athletics and are most welcome.**

**IF ANY DISPUTE ARISES IN THE ORRS THE RESULTS COMMITTEE DECISION WILL BE FINAL.**

**Enquiries to : info@offalyathletics.ie**