**OFFALY ATHLETICS 5K ROAD RACE SERIES**

 **RULES 2024.**

1. **10th March - Tullamore Harriers AC**
2. **7th April – Banagher AC**
3. **14th April - Clara AC**
4. **12th May – Ferbane AC**
5. **31st May – Ballyskenach AC.**
6. **14th June - Naomh Mhuire AC**
7. **5th July -Rhode AC**
8. **2nd August - Birr AC**

**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 first4 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 age category declared at their first ORRS race for the duration of the series for the overall ORRS awards but are eligible to collect prizes according to their actual age in each individual race.**

**1. Junior (16-20 years old)**

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

**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 male and female finishers.**

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

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

**The points system will be used to calculate the individual and team winners. For example, if a runner finishes first 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 the overall trophies must have been registered with a club in Offaly at the time of his/her first race in the series.**

**Team Awards**

**Clubs are ranked into Division One and Division Two. The divisions are based on the final team placings from the 2023 results.**

**Four members from the 1st, 2nd and 3rd teams in each division will receive a trophy**

**Offaly Athletics 5k Series Team Divisions**

**Ladies Division 1**

**Ballyskenach AC**

**Edenderry AC**

**Ferbane AC**

**Naomh Mhuire AC**

**Tullamore Harriers AC**

**Ladies Division 2**

**Banagher AC**

**Birr AC**

**Clara AC**

**Kinnity AC**

**Kilcormac Killoughey AC**

**Rhode AC**

**Men's Division 1**

**Birr AC**

**Ferbane AC**

**Naomh Mhuire AC**

**Rhode AC**

**Tullamore Harriers AC**

**Men's Division 2**

**Banagher AC**

**Ballyskenach AC**

**Clara AC**

**Edenderry AC**

**Kilcormac Killoughey AC**

**Kinnity AC**

**Cash prizes**

**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:**

**Junior -€8**

**Non AAI junior athlete - €10.**

**Senior/Master - €13.**

**Non AAI athlete - €15**

 **If any dispute arises in the Offaly Road Race Series, the Results Committee decision will be final.**