

**Almost Athletes Race Series Rules (revised October 2024)
(this list is subject to change - please check back regularly)**

- The Almost Athletes Race Series is open to all Almost Athletes members, providing they are registered as a competitive member and have paid all subscriptions and dues. (If you a member of more than one running club, you may be first or second claim to Almost Athletes to qualify, providing you are a competitive member of England Athletics.)
- Any qualifying member running one of the designated races will automatically be added to the results (subject to rules described herein), unless they have specifically requested to be excluded.
- The 7 best results will score.
- A member must run in a minimum of 3 races to qualify for overall ranking.
- Points will be awarded to positions that member's finish compared to other club members in their class (based on gender and age group).
- The classes will be:
 - Open Female
 - Senior Female (under 40)
 - Female Vet 40
 - Female Vet 45
 - Female Vet 50
 - Female Vet 55
 - Female Vet 60
 - Female Vet 65
 - Female Vet 70
 - Female Vet 75

 - Open Male
 - Senior Male (under 40)
 - Male Vet 40
 - Male Vet 45
 - Male Vet 50
 - Male Vet 55
 - Male Vet 60
 - Male Vet 65
 - Male Vet 70
 - Male Vet 75
- For cross country races, anyone in the M65 and above categories should run in the shorter race run for females and males over 65.
- The age group a member runs in is decided by their age on the 1st January. A member can only run in one age group in a year. (All members also run in the appropriate Open category.)
- The race series winner of the Open Male and Open Female categories are excluded from their respective age group category.
- Points allocation will be: 1st = 12, 2nd = 10, 3rd = 9, 4th = 8, 5th = 7, 6th = 6, 7th = 5, 8th =4, 9th =3, 10th =2, and all other finishers = 1
- It is the responsibility of members to enter the races they wish to compete in.
- Points will be awarded based on 'chip' time, rather than 'gun' time, when a race is 'chip' timed.

- You must wear your Almost Athletes club top to earn points if you have one. If you are new to the club and are awaiting delivery of a club top you will earn points. Reasonable exceptions such as fancy dress for an appropriate race will be allowed at the Committee's discretion. The Marathon Challenge rules also permit exceptions.
- Members must enter as an Almost Athlete using their own name, so we can find them in the results.
- At its discretion, the committee may still decide to award points if a member fails to register as an Almost Athlete or runs under another name.
- The club recognises that members often have to enter races long before the event and inevitably may not be able to take part on the day. The club cannot condone swapping of numbers when expressly forbidden by the organisers. In addition, please consider the possible embarrassment when an entry for a vet group is actually run by a very quick, younger person who 'wins' the vet category! The club requires members to tell the organisers of a race of any swap in advance. (Most races which are fully booked and organised by running clubs are amenable to changes. Unfortunately some commercial organisers are less enlightened.) If the results list is incorrect for any reason, both 'donor' and 'receiver' MUST IMMEDIATELY e-mail the club (almostathletes@hotmail.com), to prevent points for either AA or Gloucestershire race series being awarded to the wrong person.
- Any member disqualified by the race officials, will forfeit all points for the race, regardless of reason.
- Awards will be for 1st place in the Open category, and 1st 2nd and 3rd place in each of the age group categories.