



## Mayo AC Club League Rules

1. The Club League is one competition across a range of races at various distances and is open to all Mayo AC Members.
2. Participating members must be a paid up member of club.
3. Participating members must complete a minimum of 6 out of the 10 events listed. Best 6 events from target list to score.
4. Bonus points can be won for National appearances, Championship appearances and PBs. See below for details.
5. All Mayo AC members are invited to participate and can compete in as many of the listed events as they like.
6. Club League participants must wear their Mayo AC vest when competing in the events. Responsibility is on the Mayo AC member to register for race as Mayo AC member.
7. Prizes for the following, but only one category win allowed:
  - Top 6 men
  - Top 6 women
  - Age Categories – M40, M50, W40, W50
8. Points are awarded as follows:
  - a. 30 for the 1<sup>st</sup> Mayo AC finisher, 29 for the 2<sup>nd</sup>, 28 for the 3<sup>rd</sup>, all the way down to 30<sup>th</sup> finisher who gets 1 point.
  - b. Club league points for Men and Women will be awarded and listed separately. So 1<sup>st</sup> man and 1<sup>st</sup> woman will each get 30 points, 29 points for the 2<sup>nd</sup> man and woman finisher etc.
  - c. The above scoring system applies to target events.
  - d. Members will receive a 10 point bonus by participating in National Events.
  - e. Members will receive a 20 point bonus by participating in County Championships
  - f. Members who achieve a PB in any of the events listed will receive an additional 20 point bonus. Members must have run at that distance before. Members must declare relevant PBs by 24<sup>th</sup> February 2017 either by submitting PB entry form at Fit4Life/Mayo AC Training Sessions or by emailing [lauraheneghan@yahoo.com](mailto:lauraheneghan@yahoo.com) with PB details. Any PB declared previously will automatically be transferred to new League.
9. The Club will pay entries for National Races direct to AAI where such fees apply to that race.
10. Athletics Ireland rules apply.

Changes in dates of events will be advised on the Mayo AC Website and Mayo AC Facebook Page.



## Mayo AC Club League Events 2017

Race	Location	Date	Distance
<b>Target Events</b>			
Mayo AC Baxter Streets of Castlebar	St Gerald's College, Castlebar	26 <sup>th</sup> February 2017	5km
Kilmovee	Kilmovee Community Centre	15 <sup>th</sup> April 2017	10km
Run for Boylo	Foxford Leisure Centre	23 <sup>rd</sup> April 2017	10km
Ballyhaunis 5k Series	Ballyhaunis Rugby Club	30 <sup>th</sup> May 2017	5km
Ballinrobe 5k Series	Ballinrobe Soccer Club	20 <sup>th</sup> June 2017	5km
Irishtown	Irishtown Community Centre	TBC	8km
Ballina	TBC	14 <sup>th</sup> July 2017	10km
Balla	Balla Community Centre	29 <sup>th</sup> July 2017	10km
Claremorris DeCare	Claremorris Athletic Track, Claremorris	27 <sup>th</sup> August 2017	8km
Hollymount Road Race	Cois Abhainn Centre, Hollymount	19 <sup>th</sup> November 2016	10km
<b>Bonus Events</b>			
<b>National Events</b>			
National 10km*	Phoenix Park	9 <sup>th</sup> April 2017	10km
National Rock & Roll Half Marathon*	TBA	13 <sup>th</sup> August 2017	13.1 miles
County Championship 10k**	Moy Valley	August 2017	10km
County Cross Country Championships**	Belleek, Ballina	October 2017	Women 4km Men 6km
* 10 bonus points for competing in event			
** 20 bonus points for competing in event			



# MAYOAC



Working with Mayo Sports Partnership

## Mayo AC Club League PB Application Form

Please use **BLOCK CAPITALS**

Name:

Address:

Date of Birth (as of 24<sup>th</sup> February 2017)

Category:      Senior Men                            Senior Women        
                         M40                                            W40        
                         M50                                            W50     

Personal Bests (as of 24<sup>th</sup> February 2017)

5km

8km

10km

13.1 miles

I confirm that I am a paid up member of Mayo AC Club     

I confirm that I have read and agreed the Mayo AC Club League Rules     

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**PB Entries can be given to Ann McDonnell in Castlebar, Laura Heneghan in Claremorris or Martin Fitzmaurice in Ballyhaunis. Entries can also be emailed to [lauraheneghan@yahoo.com](mailto:lauraheneghan@yahoo.com)**

