

## **RENFREWESHIRE AAA ROAD RACE CHAMPIONSHIPS**

Inverclyde AC will host the Renfrewshire AAA Road Race Championships on Sunday 12th March 2023.

There are a few enhancements to this year's event from previous years, these are summarised below.

U20/ Senior race starting at 10.30. (To make use of quieter roads and pavements)

U20/ Senior course now officially measured. (Slight change to course from previous years)

U20/ Senior race will be chip timed.

U17 course will stay within battery park (4km officially measured)

U13 and U15 races will be 3km - officially measured

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> individual runners from Non Renfrewshire clubs for age categories: U11, U13, U15, U17, U20, Sen, will be presented medals.

**Please note that there are no cash prizes or cash incentives in this event.**

All races will start and finish within the Battery Park, Greenock, PA16 6QG.

The races for the younger age groups (U17 and under) will remain within the confines of Battery Park while the U20/Senior race will incorporate sections of the Greenock Esplanade, i.e., out and back before finishing in the park.

Event and course maps shall be posted on the **scottishathletics** website and posted on the Battery Park Pavilion near the start area in the Battery Park.

All Declarations at the Battery Park Pavilion from 9.00.

Please note that U20 and senior athletes must declare individually and collect their race number and timing chip. Team packs will be distributed to club captains for junior races only.

Car parking is available inside the Park and on adjacent streets.

### **Race start times -**

Sen Men and Senior Women (inc U20s)	5 miles	10.30
Boys U11	1.6 km	11.30
Girls U11	1.6 km	11.45
<b>NB U11s must be minimum age 9 years on the day of the race.</b>		
U13 Boys and Girls	3 km	12.00
U15 Boys and Girls	3 km	12.30
U17 Men and Women	4 km	13.00

**Declarations. Seniors 9.00-10.00 All young athletes 10.00-12.30**

**All medal presentations** for the races shall take place outside of the Battery Park Pavilion following ratification of the results, which is planned to be within 30mins of all runners completing the race.

Medals will be presented to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> runners from Renfrewshire clubs for each age category: U11, U13, U15, U17, U20, Sen, V40, V50 and V60 (both M&F)

Team medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed Renfrewshire teams will be presented to

U11 Boys (3 counters)

U11 Girls (3 counters)

U13 Boys (3 counters)

U13 Girls (3 counters)

U15 Boys (3 counters)

U15 Girls (3 counters)

U17 Men (3 counters)

U17 Women (3 counters)

Sen Men (6 counters)

Sen Women (3 counters)

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> individual runners from Non Renfrewshire clubs for age categories: U11, U13, U15, U17, U20, Sen, will be presented medals.

**Please note that there will be no changing or shower facilities available on the day, come prepared!**

Renfrewshire club contacts are requested to submit club entries by completing the excel spreadsheet which will be sent by email. Please ask your club members not to submit individual entries. On the Club entry form please complete all fields including age category clearly identifying U11, U13, U15, U17, U20, Sen, V40, V50, V60. Please also ensure the Male and female (M or F) column is completed.

**Individual entries from non-Renfrewshire clubs can be made by emailing**

**iachammerman@outlook.com.**

Please provide your name, address, DoB, age category, gender and SA number if you are a member of Scottish Athletics.

Closing date for all entries has been extended to 4<sup>th</sup> March 2023

Entry fees:

- £8.00 for Seniors and Under 20 Men and Women.
- £2.00. for Young Athletes. (No increase from last year)
- Non-members of Athletics Scotland are welcome to participate but must pay an additional £2 levy on top of the entry fees identified above.

An invoice with payment details will be sent to club captains after the entry closing date. Individual entries from clubs out with RAAA or from athletes not affiliated with a running club will be emailed payment information.

**Please note that there will be no late entries (individual or team) accepted on the day.**

Please help the organisation of the Championships by entering before the closing date.

If you have any members willing to volunteer as race stewards primarily for the U20/Senior race starting at 10.30, **this would be greatly appreciated.**

Please enter their details as prompted in the race entry spreadsheet.

Yours faithfully,

Jon Hammerman