

## Mid Week Road Race League

### 2021 Race Series

#### 2021 \*VIRTUAL\* Road Race Series

- Distance: 10km
- Covid-19 safety : UKA guidelines must be adhered to in terms of grouping.  
See Step 3 at <https://www.englandathletics.org/athletics-and-running/news/guidance-update-2021/>
- Total elapsed time must no more than two minutes longer than the finish time submitted.  
*This is to accommodate safe crossing of any roads on the runner's chosen route.*
- Net elevation must be positive or zero.
- Times are to be submitted by each athlete onto Open Track.  
( <https://data.opentrack.run/en-gb/x/>)  
The MWRRL committee will create a specific event for each fixture.
- Scott's Travel bib to be worn – the template will be provided to club reps.
- Scoring for each fixture, both team and individual, will carry the same formats as all previous years.

#### Race 1 – Mob Match

Race times to be submitted between May 24<sup>th</sup> and June 6<sup>th</sup>

#### Race 2

Race times to be submitted between June 14<sup>th</sup> and June 27<sup>th</sup>

Results split into Division 1, 2 and 3. Men's and Women's. Senior and Vets. (as per the usual scoring system)

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Following the virtual events, we anticipate some real races.  
These are being discussed, and details will follow.