

Northants Virtual 5k Road Race Summer League

- * A series of weekly 5k races held under a UKA Virtual Road Race Licence. Therefore minimum age 11 years (no exceptions).
- * Results will go on Power Of Ten and ranked on Run Britain.
- * Entries Via Eventbrite. Other entry options may be added. Entry limit 250.
- * Athletes living outside of Northants are accepted.
- * Entries in by 17/06/20 - please enter as soon as possible to guarantee entry.
- * Races may be extended to 6 over 7 weekends commencing 19th June depending on current Covid-19 situation. Any alteration will be stated in advance.
- * Garmin or Strava links only to be submitted by the Monday following that race weekend. Elapsed time only – avoid road crossings where possible.
- * Social distancing rules to be observed as instructed. See current Government advice.
- * All athletes will be required to assess their own environment. Please find as safe a course as possible. The organiser cannot be held responsible.
- * Course - No net downhill greater than 20 feet or point to point. No loops less than 1km. Finish must be within 1 mile of the start.
- * Races to be held over 3 days, Friday to Sunday.
- * UKA rules apply. Based on race format. Winner has the fastest time.
- * Age categories Male Senior 40/50/60. Female Senior 35/45/55 1st Male & Female Team held under NRRL rules
- * Entries to: <https://www.eventbrite.co.uk/e/northants-virtual-5k-road-race-summer-league-tickets-108630045390> Email: sarah@races4u.com
- * Finally - Whilst the event is free if anyone would like to make a donation can do so to Motor Neurone Disease Association (MND) <https://www.justgiving.com/account/your-pages/NorthantsVirtual5kRoadRaceLeague>