

THE AUTUMN LEAGUE RULES – FOR SROC AND NEWCOMERS/BEGINNERS

To add a bit of spice to the Autumn series we are running a fun league for members of SROC and newcomers/beginners (those who are not members of an O club)

The 8 classes to count are:

M10 to M14 and W10 to W14 - must run Orange course to count

M16 to M55 and W16 to W55 must run Green

M60+ and W60+ must run Green

Families – must run Orange

Newcomer/adult pair – must run Orange

All 3 events to count - the more you come to, the more chance to win a prize!

The scoring will be 30 points for 1st SROC (or Family/Newcomer) scorer on the course, 29 for 2nd eligible scorer etc

Lead organisers/planners will get their average points score if they cannot run.

Those who do not finish the course are awarded 1 point

Confused?! Don't worry, just do your best and we will put up the scores with the results on www.sroc.org

Our decisions are final, but we are open to large bribes!

Remember, you could run your eligible course first and then do the other one!

Martyn and Sue Roome