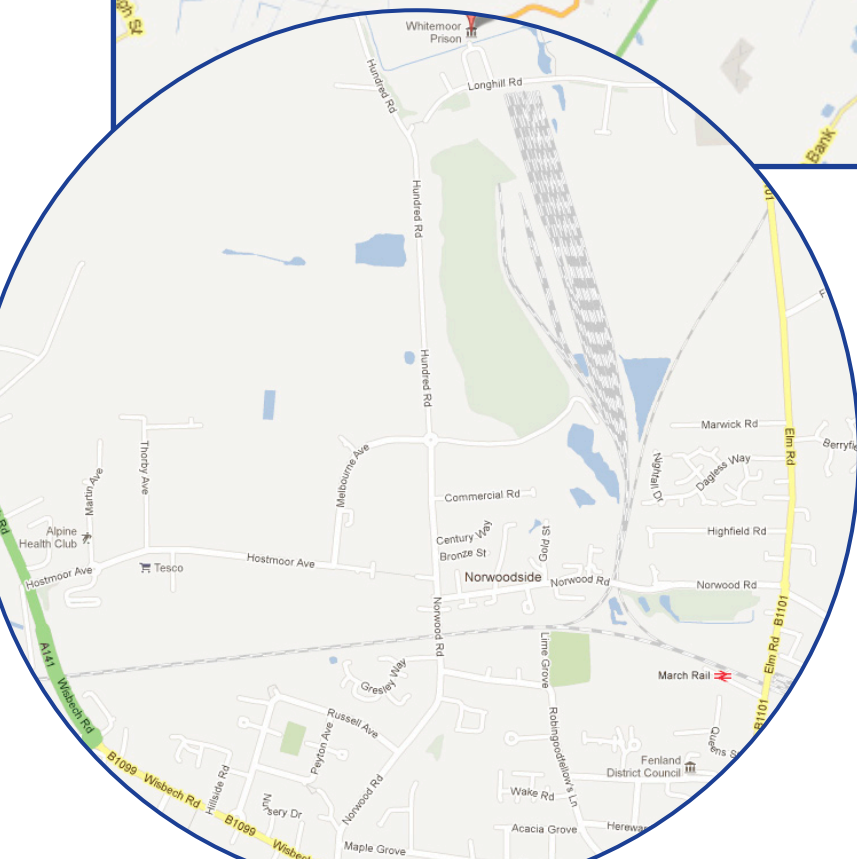
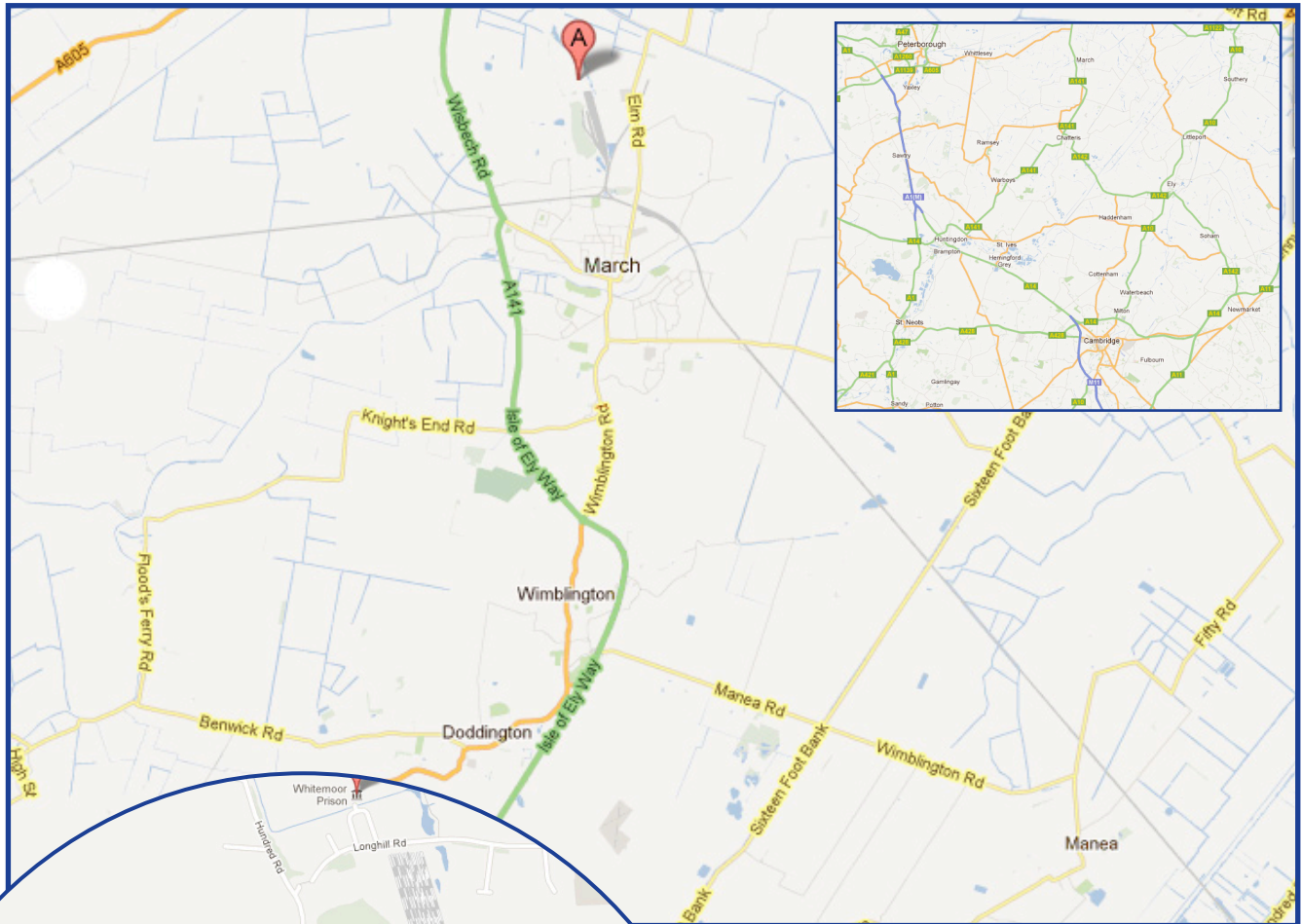


# Frostbite Friendly League Race Four:Whitemoor Prison, March. 15th January 2012

Junior start time: 10.15 am Senior start time: 11.00 am

2011: No event in 2011 season.

Parking, meeting up and possible toilets and changing (tbc) just off  
Longhill Road, use the postcode: PE15 0PR in your sat nav.  
Both senior and junior start immediately adjacent to the Prison.



Where possible, try and share lifts to the race,  
please contact Carla or Al if you can give a lift or  
need one and we'll try and arrange something.

**REMEMBER WE ARE CURRENTLY IN FIRST  
PLACE YOU RUNNING IN THE EVENT COULD  
KEEP US IN TOP SPOT!**

## Introduction:

The Frostbite Friendly League is a series of six "closed" running races for senior and junior runners from 16 road-running clubs based mainly around the Peterborough area. The races are staged at 4-5 week intervals on a Sunday morning during the winter months from October to March (hence Frostbite). Each of the 6 races is hosted by one of the participating clubs. The senior races are all between 5 and 6 miles and the junior races are less than 1.5 miles (one day we will go metric!). The terrain varies from race to race and may be anything from a wet and muddy cross-country to road running through a town centre.

Each club may enter as many runners as they want into each of the races. Scoring is based on the finish position of each teams first 3 women and 7 men (first 1 girl and 4 boys) with a trophies awarded to the winning, 2nd and 3rd place teams at the end of the series.

This league is open only to senior and junior members of the 16 participating clubs. If you wish to run in any of the races you must be a member of one of the clubs as strictly no guests are allowed.

## Emphasis

The emphasis in these races is the enjoyment of all runners and to generate friendly rivalry between clubs. All club members, whatever their speed, sex and ability have the opportunity to stand side by side and represent C&C. The environment is one where the ordinary runner isn't put off by the elite.

## Distance

Races will be over the distance of 5 to 6 miles on any terrain. The junior race will not be more than 1.5 miles.

## Teams

Any number of runners can take part from each club.

For senior teams first 10 runners to score, 3 of which must be ladies. (In the event of a predominantly ladies turnout at least 3 of the scorers must be men). For junior teams first 5 children to score one of which must be a girl.

## Scoring

Runners will receive a ticket on the finishing line and must hand it to their team captain. Team captains will be given score card on which they should name their first scoring members and their accumulating score. Hand card in straight away.

## Finish

Once runners have gone through the finish they must not go back and run in with other club members. Cheering optional!

## Age and Status.

Junior runners will be 9 and over. Senior runners will be 16 and over. Where a junior is 15 on the first race of the season and 16 on the last race of the season they may elect to run all of the races in that season as either a junior or a senior but not both.

## Prizes

The overall winner, runner-up and 3rd place for both senior and junior teams will receive a trophy to be held for one year. The trophies will be awarded at the last event for the juniors and at the presentation evening for the seniors. There are no individual category prizes. .

## Points

After each event, points will be awarded to each team. If, for example there are 16 teams, the team with the lowest score will receive 16 points, the second lowest 15 points and so on. In the event of two teams having the same amount of points the team with the lowest number of running scores will be above the other.

## Frostbites Website:

[www.frostbiteleague.org.uk](http://www.frostbiteleague.org.uk)

## C&C Contacts:

Al:  
covbaldy@hotmail.com  
07769 692282

Carla:  
carla.brown@napp.co.uk  
07979 343225