

Ramsey Road Runners

Running Since 1982
Affiliated to UKA, ARC & CCAA

Club Policies

London Marathon Club Place Ballot

Each year the club receives 1 entry to the London Marathon. In recent years it has become more difficult to gain entry into the race. As it is such a popular event we have a set of criteria that a club member must meet in order to be eligible for the ballot. They are:

1. You must have entered the ballot for the London Marathon for that year and be able to provide proof of rejection. Rejection letters from previous years are not valid.
2. You must be a 1st claim member of the club for at least 1 year from the date of the AGM, which is where the draw will take place. The draw will conclude when all names have been drawn. This is in case we obtain more than 1 entry or the person chosen is unable or unwilling to run.
3. You are not eligible for a Good For Age place or Championship Entry for that year.
4. You have not had a ballot place through the club in the past 3 years.
5. You are not intending to defer your place for another year if successful in the club ballot.
6. Members who meet the above criteria and have not ran the race before will get an extra entry in the ballot.
7. Members who have not ran the race before and were unsuccessful in the club ballot the previous year will receive a further entry in the ballot. (Entries received by the club ballot rejection can be carried forward in future ballots providing you have attempted to enter the London Marathon each year.)
8. Joining the club as a member just to be eligible for the draw will not be allowed. Ramsey Road Runners reserves the right to remove anyone from the draw who is suspected of doing this.
9. The Club Chairman's decision is final.

Relay Events

The club pays entry fees for relay events with no cost to the individual. This is dependent on a successful Abbey 10k, so club members who help out at the event are rewarded by free entry to selected relays throughout the year. We encourage all club members to participate in relay events, they are great fun and help create a closer team bond. Organising these events is a difficult task so we ask all runners to be as flexible as possible in terms of stage selection. We also ask that members show willing to step in to help out in the event of injuries so other members don't miss out on being able to run. Team selection for most relays are done on current form and past performance, although we may give preference to targeting a specific category prize so will select accordingly. We do encourage members to suggest selection for teams based on friendship which will be considered.

Round Norfolk Relay

The Round Norfolk Relay (RNR) is treated more as a social event for the club and therefore the team is not selected on performance. As there are limited places available, team selection and stage preference will be given to those runners who best suit the following criteria:

1. Those who represent the club in other relay events.
2. Those who represent the club in Frostbites.

3. Those who represent the club in races throughout the year.
4. Those who have good attendance at club nights.
5. Those who do a lot of work behind the scenes to help the club.
6. Those who have helped the club out filling RNR stages in previous years.
7. The Club Chairman's decision is final.

The remaining places will be filled according to being best prepared for the stages available. Preference will also be given to 1st claim runners.

Frostbite Friendly League

The Frostbite league is a series of 6 races where points are scored by the top 3 males, the top 3 females and the 4 next fastest finishers. Even if runners do not finish in these positions, you are helping the club by potentially taking points off other clubs so every finisher counts. The club pays the entry fee for the series so there is no cost to the runner. This is dependent on a successful Abbey 10k, so club members who help out at the event are rewarded by free entry to Frostbite races. We encourage all members to run in these events, there is an excellent team atmosphere and you will be making a big contribution to the success of the club.

Second Claim Runners

Ramsey Road Runners welcomes runners of other clubs to join us as 2nd claim. Membership cost for the year is half the price of a full membership. As a second claim runner you will NOT be eligible for the following:

1. The Ramsey Road Runners Club Championship.
2. The London Marathon Club Place Ballot.
3. Any awards at the Presentation Evening.

Presentation Evening Awards - Seniors

Ramsey Road Runners presents several awards at the Presentation Evening, usual held in February. The winners are selected as follows:

Club Championship (Top 3 Male and Female): Placings determined by the Club Championship final standings, details of which are on the website.

Most Improved (Male and Female): This award is chosen by the Club Chairman who may consult with members of the committee.

The Jim Chandler Trophy: This award is chosen by the committee.

Runners Runner Of The Year (Male and Female): This award is voted for by 1st claim senior runners who select a male and female each.

Adrian Graham
Club Chairman

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