

# ***PECO FAQ Document***

## **What is PECO?**

The PECO Cross Country League is a series of 5 cross country races organised in and around Leeds in which clubs affiliated to the League compete across men's and ladies divisions. Each race is about 4-5 miles.

The beauty of PECO though is that every runner, supporter and volunteer make a huge difference and adds to what is always a special atmosphere. It really is a case of 'the more the merrier' and a fantastic opportunity for everyone in the club to come together. We have over 177 foxes entered for the 2019/20 season, which is just brilliant!

The club is delighted to announce that for the 2019/20 season our PECO Captains will be Maureen Coffey and Chris Cobb. Both Maureen and Chris will be on hand to offer encouragement and answer any questions you may have about PECO XC.

## **How does the scoring work?**

There are distinct leagues for Men's, Females and M/F Veterans (i.e. over 35s). Once again, all 4 RR teams will be in the premier division for the 2019/20 season. Here is the link to last season's results and league tables: [peco xc - past results](#)

We need to have at least nine finishers for the male team, and eight for the female to avoid penalty points.

For both the male and female vets, we need to have 3 runners at +35, 2 at +45, 1 at +55 and 1 at +65.

## **How do I get involved?**

The simplest way to enter is to buy a season ticket online in advance for just £15, which provides entry to all five races, post-race socials and the end of season celebration. Once registered and paid for, you will not need to register again all season. You will collect your season race number at the first race you attend and then you just turn up to each race with your number and run.

Alternatively, you can enter each race in turn. The first time you register, you will need to pay £7 to cover your season race number (valid for all 5 races in the season) and your race entry fee. At subsequent races you will only need to pay for your race entry (£4).

## **What do I need to do to race?**

1. Paid up Roundhay Runners membership.
2. Registered for the series online via Racebest [Link](#)
3. Club vest, t-shirt or long sleeve.
4. Trail Shoes (highly recommended)

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## RR Supporters

We have a history of vocal support at these events. Anyone who is not running is very welcome to come along and offer encouragement to those who are participating. Warm & waterproof clothes and footwear highly recommended and don't forget the awesome RR Bobble Hats which you can buy online here for £9 or via the [RR website](#) or cash payment before each PECO race. A flask of tea/coffee/hot choc is also a wise choice.

## Race day Briefing Template

- Senior Men's race typically starts at 11am with the Ladies race approx. 10 mins later.
- Make sure you arrive in good time and look for the RR gazebo and flag where all our runners congregate before the race. This will also be the location for the pre-race photo which usually takes place around 10.40am.
- The RR gazebo is available to store bags and other bits, but it isn't lockable so please don't bring anything other than the essentials.
- The gazebo is a big heavy beast, so some help to lift, carry, assemble and break is always appreciated.
- Bring a change of outerwear and footwear. Assume it is going to be very muddy. Please do not wear muddy footwear to any of the post-race socials.
- RR Car Shares have proved hugely popular in the past two years and we will encourage RRs to take advantage of these again this year. Details of these will be announced at club session briefs, the Roundhay Runners Facebook Page and in the Facebook Event.
- The RR PECO Captains, Maureen and Chris will also be on hand before each race to answer any questions.

## PECO 2019/20 Fixtures

2019/20	Date	Host	Assistant	Venue
Race 1	Sun November 24	Kippax Harriers	STAC	Temple Newsam
Race 2	Sun December 15	Abbey Runners	Hyde Park Harriers	Middleton Park
Race 3	Sun January 19	Nidd Valley RR & Knaresborough Striders (joint)		Crimple Valley, Harrogate
Race 4	Sun February 9	Horsforth Harriers & Ackworth RR (joint)		West Park
Race 5	Sun March 1	Roundhay Runners	Chapel Allerton	Roundhay Park