

Rules of the Grand Prix

The Grand Prix (GP) is designed to promote friendly competition within the club, also to encourage participation in local events, particularly those run by other running clubs and charitable organisations.

The Grand Prix year runs from the day after Presentation Evening or the day of the Birmingham Half Marathon, whichever is the earlier.

A list of designated GP races will be published on the club website. This will include mostly local races, but also some from further afield that attract a good number of our runners. There will be a range of distances and terrains and will include evening and Saturday races as well as those run on Sundays.

If a member wishes to add a new run to the GP list; **THREE MONTHS** notice is required before it can be included so that other members will have time to enter the race. Suggestions should be sent to Barbara Johnson. If it is considered that the list already includes sufficient races for the year then suggestions will be considered for future years.

Points and scores

If a Club runner runs in a designated GP race then they are entered in the GP Championship.

Points are awarded after the publication of each set of results: First runner home for Club: 20 points, reducing to 19, 18 etc for successive runners. If more than 20 runners compete in each gender category then the appropriate highest number will be awarded.

Points are calculated separately for men and women.

A runner must run a minimum of **SEVEN** GP races to qualify for an award.

The best **SEVEN** race results are selected and points added to determine the final score. If two or more runners have the same points score, then the best eight races for those runners are taken and so on until a winner emerges or one of the runners has no more races to compare. Only the same numbers of races are compared, so if one runner completes eight or more races, it is still the best seven for comparative purposes between the runners unless the other runner(s) also complete(s) eight races.

For example: -

If runner A has completed 8 races and runner B has completed 11 races, only their best 8 races will be compared.

In the event of there still being a draw after all possible additional races have been compared then a judgement will be made by comparing only those races where both/all runners competed together.

All runners must enter the race under **ALDRIDGE RUNNING CLUB** and must check their race entry prior to running the race to ensure the club name is shown against their name to qualify for points.

All runners must run under their **OWN** names. If a runner takes another runner's name/number their position will **NOT** be counted.

Championships and trophies

There are two main competitions, each with a separate results table:

1. Grand Prix Championship

The man and woman with the highest total score in the overall table will be awarded the **GP Championship** trophy.

2. Age Category Championship

All runners entered in the Grand Prix Championship will be entered into the appropriate Age Category Championship.

Age categories are generally:

- Under 35
- 35-39
- 40-49
- 50-59
- 60-69
- 70-79

An age category can be split into two 5-year groups at the discretion of the GP organiser, if the number in that category becomes unmanageably large.

A runner's age category is decided on their age on the day after the previous Presentation Evening or the date of the Birmingham Half Marathon, whichever is the earlier. A runner in a particular category will only compete for points against a runner in the same category. The same rule applies in the each Age Category.

The winner of the Grand Prix Championship will not be eligible to win his or her Age Category.

Trophies will be awarded to the winner of each Age Category. If no-one in an age category completes the required **minimum of seven races** then that trophy will not be awarded.

Additional trophies:

1. The man and woman who have competed in the **most GP Championship races** in the season without winning the Championship or their Age Category will be awarded the **POT HUNTER TROPHY**.
2. The **NOVICE** category awards will not necessarily be awarded on points scored as it is designed to encourage members new to running or the club to participate in the Grand Prix but may also be awarded to longstanding members, all of which will have shown a real determination and commitment in competing in the Grand Prix. To be eligible for this award, members must not have won any Grand Prix award before and must run a **minimum of seven races**. These awards are made at the GP organiser's discretion so may not be awarded every year.

General

Look on the Club Website for:

The Grand Prix Race list, the age categories, and updated results sheets and scores/positions.

Any queries please contact **Barbara Johnson** at barbara.robertsjohnson68@gmail.com.