

Rules of the Grand Prix

There are two competitions:

1. **Grand Prix Championship (GPC).**

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

A runner must run a minimum of **SEVEN** GP races.

The best **SEVEN** race results are taken. If two or more runners have the same points score, then the best 8 races for those runners are taken and so on until a winner emerges. If one runner completes 8 or more races, it is still the best 7 for comparative purposes between the runners unless the other runner(s) complete(s) 8 races. Only the same numbers of races are compared.

All runners must enter the race under **ALDRIDGE RUNNING CLUB**

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

2. **Age Category Championship (ACC).**

All runners entered in the GPC will be entered into the appropriate ACC.

A runner's age category is decided on their age at the beginning of the championship season i.e. the day after the previous Presentation Evening. A runner in a particular category will only compete for points against a runner in the same category.

A minimum of seven races should be run, however if no one has run seven then the runner with highest points total for that age category will be deemed the champion.

The winner of the GPC will not count in his or her ACC.

General

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. Notice should be sent to Anne Kelsall **AND** me

Points are awarded: 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. The same rule applies in the AAC.

Look on the Club Website for:

The Grand Prix Race list.

The age categories, as there is a slight difference for Ladies & Men. Updated results sheets and scores/positions.

The runner who has run in the most races in the season and has not won the GPC or in the ACC will be eligible for the **POT HUNTER TROPHY**.

The Championships are designed to promote friendly competition within the Club.

Any problems please contact **Steve Law (email:- sven.manassas@talktalk.net)**