

Provisional Grand Prix Series 2018

2			HALF MARATHONS !	Age graded	Half
3			ANY 10 MILE ROAD RACE	Age graded	10 Miles
1			ANY MARATHON	Age Graded	MAR
4	Feb	17	Signals Relays	Fastest Leg	6 x 2.22
5	Mar	3	Harrier League XC – Alnwick	Handicap	6 XC
6	Apr	8	Blyth 10k	Age graded	10k
7	May		Pier to Pier Run	Finishing Order	7.5
8	Jun	9	Blaydon Race	Chip	5.7
9	July		Tynedale 10k	Age graded	10k
10			Cock Crow 5k	Age Graded	5k
11	Aug		Powburn Show Fell Race	Finishing Order	4 Fell
12	Nov		Gibside Trail Race	Finishing Order	6 MT
13	Dec		Hexhamshire Hobble Fell Race	Finishing Order	10.5 Fell
14			Saltwell 10k	Finishing Order	10k

All races to count.

- (a) All races to count.
- (b) Points as follows:
 - 1st 20 points
 - 2nd 19 points
 - 3rd 18 points etc
 - 10th 11 points
 - 11th –30th etc 10 points
- © Chip times, if available, will take precedence over gun times.
- (d) 6 races are “age graded” including your best 10 mile, half and full marathon. 2 of the 10ks are age graded as is the 5k. Please see below for bonus points for pbs/age bests.
- (e) Any marathon, half marathon and 10 mile road race during 2018 will count.
- (f) In addition to the 7 races over standard distances there is a relay (Signals), XC (Alnwick), a trail race (Gibside), 2 fell races (Powburn and Hexham) and 2 popular races over non-standard distances (Blaydon and Pier to Pier). Pbs/age bests over non standard distances don’t count for Grand Prix points.
- (g) 10 points for helpers/officials/timekeepers etc for both the Angel View and Watergate races.

Grand Prix – Personal Bests/Age Bests

Rules:

To qualify for 5 bonus points for a Personal Best/Age Best

- 1 Pb or age best must be in a Grand Prix race over a standard distance i.e. 5k, 10k, 10 miles, half – marathon or marathon
- 2 5 bonus points available only once for each distance in a year i.e maximum of 25 points
- 3 Pb or age best must be better than previous best i.e. not your debut at the distance !
- 4 Age best must be either:
better than previous best in your present age group i.e. 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74 ...

Or

If it is your first run in a new age group your time must be better than your best in the previous age group.

- 5 At present there is no club database containing everyone's pbs/age bests so please let me know asap after a race if you qualify for the 5 bonus points !