

# Erme Valley Harriers

## **Grand Prix Series**

The Grand Prix will run from:

30<sup>TH</sup> September 2007 until 1<sup>st</sup> October 2008

A series of 10 scoring races over variable distances and 20 races to choose from on and off road plus additional scoring on selected races. Your best 10 scores will count. One additional race will be included this being a marathon, All marathon times will be put together throughout the year to finalise the scoring for this distance. Please note your marathon score may change throughout the season i.e. if you improve your time/percentage or if another athlete betters your time/percentage,

Races will be scored on average percentage rating for your age. Racemaster 98 will be used for scoring, Male & Female Seniors, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70plus

The 1<sup>st</sup> of October your category will be set as your age on this date. You will not be allowed to move categories during the year until commencement of the next grand prix, this allows for a system that is manageable.

12 Bonus point races will also be included as additional scoring races; 5 points will be awarded for running these races. The races are:

6 Westward league (See Harrier, Website or Notice Board for venues and times)

2 Track Races (Any two throughout the season)

4 Tough Road/off Road (Grizzly, Haytor Heller, Bicton Blister, Dartmoor Discovery)

Additional 5 bonus points will be included if the club gains first or second team in any of the grand prix series, all athletes who took part in the race will be entitled to the points.

An additional 5 points for any club records in races series.

20 Races are spread throughout the season all dates to be confirmed.

October            Dartmoor Vale 10k or half marathon  
                     Burnham half marathon

November        Drogo 10  
                     Tavy 7

December        Exeter 10k

January           Plympton 10k

February         Hoe 10

March             Bideford half marathon  
                     Teignbridge 10

April              Taunton half marathon  
                     Saltash half marathon

May                Plymouth half marathon

June               DML 5k  
                     Torbay half marathon

July                Cornwood 10k

August            Torbay 10k  
                     Totnes 10k

September       Dml 5k  
                     Autumn trail

# **SUMMARY OF POINTS SYSTEM**

RACES ON AGE PERCENTAGE, SCORING AS PERCENTAGE

SCORING 50 POINTS for 1<sup>ST</sup>, 2<sup>nd</sup> 49, 3rd 48, 4th 47, etc  
Scoring on highest 10 race scores

Marathon will also score 50 points for 1<sup>st</sup>, 49 for 2<sup>nd</sup> etc. all marathon percentages will be put together for scoring. You can run as many marathons as you like but only your best score/percentage for one race will count.

5 points for bonus races

5 points for team winning 1<sup>st</sup> OR 2<sup>nd</sup> all team members in race to score

5 points for club records (grand prix races only)

## **TROPHYS**

**GRAND PRIX OVERALL WINNER**

plus

1<sup>st</sup> male & 1<sup>st</sup> female 2<sup>nd</sup> male & 2<sup>nd</sup> female

Grand prix outstanding performance (single race)

Any queries contact

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