**Winter Grand Prix 2016-17**

1. There will be **4** races in the Series. These are
* Sunday November 13th -Memorial 10k Newcastle
* Sunday December 18th – Loftus 8 mile Poultry Run
* Saturday February 4th – Parkrun 5k - Blackhill
* Sunday March 19th – Thirsk 10 mile

Go to http://www.northeastraces.com/ for further race details

1. Entry to the Grand Prix series should be **made in advance by just messaging Gary on facebook** (or email gdcoulter@supanet.com)just to say you want to enter. By October30th at the latest please . Runners need to enter the separate races individually of course.
2. **Runners will be given a time handicap based on a best fairly recentish parkrun time** (or if necessary another appropriate race). The handicap will be calculated by the independent ‘Handicapping Committee’and their decision is final. The handicap will last the whole series and it will be applied to times after the race has been run to allow for point calculation. It obviously will not affect start times!!
3. Runners who sign up for the Grand Prix will automatically be entered for the Team Competition as well as the Individual competition.
* **Scoring for the Individual Competition**: At the end of a race each runner’s handicap will be deducted from their race time. These times (after taking off handicap) will then be ranked. Lowest time scores 1 point; second lowest scores 2 points; third lowest scores 3 points etc. The series winner will be the runner who has least points overall. **Runners will pick their 3 best scores from the 4 races on the calendar** (so all races need not be entered). If a runner misses a race then that runner will automatically be awarded the maximum points possible (which will be equal to the number who enter the whole race series).
* **Team Competition**: Teams of 3 will be randomly drawn when entries close and all names are in. Scoring for the each Team will be based on adding together team member scores for each race. Once again the points will be based on the handicapped time. **The two runners with the lowest scores in each team will count in each race**. The Team Competition will be based **on all four races.**
1. Prizes:
* Grand Prix Individual Winner – Trophy and T shirt
* Runner Up – Trophy
* First Team – T shirt each member
* Age Graded Prize First/Second Place – Average Age Graded Score based on 3 races – Trophy
1. All runners who complete the minimum 3 race requirements will receive a limited edition glass to commemorate their achievement.
2. It is hoped that runners will try and come along to the ‘meet up’ (tea/coffee/chips/drink/whatever ) that will be planned for after each race.