**Summer Grand Prix 2017**

1. Entry to the Grand Prix series should be **made in advance by just messaging Gary on facebook** 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 recent race time**). The handicap will be calculated by the independent ‘Handicapping Committee’and their decision is final. The **handicap will be reviewed after each race** 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 may form a team of three and enter a team into the ‘team competition’. The team competition will only take place if a minimum of three teams enter.

* **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 4 best scores from the 6 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**: There will be three runners in a team. 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 the best four races.**

1. Prizes:

* Grand Prix Individual Winner will go to the best average Age Grading over 4 races
* Trophies to second/third in Age Grading competition
* Trophies to first/second/third in Handicap competition
* Team competition – t shirt to first team members

1. Where possible it is hoped that runners will try and come along to an informal ‘meet up’ (tea/coffee/chips/drink/whatever ) after each race.