

— GRAND PRIX COMPETITION RULES —

1. Summary

- 1.1 The competition consists of 9 races from January to October.
- 1.2 The races can be a variety of distances from 5k to half marathon and may be on a variety of surfaces. Races are suitable for all members. The nature of the event is usually available on the event's website.

2. Eligibility & Participation In Events

- 2.1 Participants must be a first claim member of Petts Wood Runners at the time of entry to the Grand Prix.
- 2.2 Members who wish to participate in the Grand Prix must opt-in via the survey link that was sent out to all members prior to the start of the Grand Prix.
- 2.3 New members may be sent the participant entry link during the competition by the Grand Prix Team and Committee at their discretion.

3. Race Selection, Race Entry & Race Participation

- 3.1 The Grand Prix Team will select the 9 races as they become available.
- 3.2 The list of races will be displayed on the club's website under the Grand Prix section.
- 3.3 It is the responsibility of each participant to enter races before the closing date, before they sell out, and to ensure they are registered as a Petts Wood Runner in the results.
- 3.4 Transfers may only take place, and count towards results, where the race organiser allows.
- 3.5 Participants must wear their club T-shirt for the race so they can be easily spotted by other GP competitors. Repeated non-compliance risks your GP points for the race being void. The only races where this rule may be relaxed are the August parkrun and possibly the Members' 10K, where you may be the only participant or where everyone is a participant. We still like to see everyone in their club shirts at the Members' 10K.
- 3.6 Participants will only be credited with Grand Prix points if they appear in the official race results.

- 3.7 In the event of a race being cancelled, the captains will attempt to identify a suitable replacement. If a suitable replacement cannot be found, the competition will be reduced by one race.
- 3.8 In the event of more than one race being cancelled during the competition, the minimum number of qualifying races will be adjusted as follows:
 - 3.8.1 1 race cancelled – best 5 scores still count.
 - 3.8.2 2 races cancelled – best 4 scores count.
 - 3.8.3 3 races cancelled – best 4 scores count
 - 3.8.4 4 or more races cancelled – amendment to rules or abandonment of competition to be determined by the Grand Prix Team and Committee.

4. Groups

- 4.1 Participants will be allocated to groups based on their best 5K time from the last 12 months as submitted by the members. From this rough starting point, Power of 10 data, known race results, and GP Committee knowledge of individuals and how they compare to their peers will be used to make groups as fair and competitive as possible.
- 4.2 If a participant does not have a 5K time, an assessment will be made on their other best official race times, or if none of these are available, the fastest group they can run with on a Tuesday night club run.
- 4.3 Where a participant's official best times do not indicate their true ability, they may be moved to a higher or lower group at the discretion of the club captains.
- 4.4 Participants may lodge an appeal against their group allocation within 14 days of the publication of groups. The participant must state which group they think they should be moved to and the reasons for the move. The decision of the captains is final.
- 4.5 The captains may move participants to different groups after the first 2 events, if their race times indicate that they are in the incorrect group.

5. Running with dogs or guide-runners

- 5.1 All competitors, other than visually impaired participants, are to complete a course without assistance from any other person or source.
- 5.2 Competitors must not be accompanied by a personally owned or controlled dog in the race. Entries may be accepted at certain events from runners with medical assistance dogs, subject to them being correctly registered and identifiable as such, and subject to approval by the Race Director.
- 5.3 Guide-runners for visually impaired competitors can run or walk but are not allowed to use a bicycle or other mechanical means of transport. The competitor and guide-runner may use an elbow lead or tether - the tether to be made from non-elastic material and must not store energy and/or offer a performance gain to the competitor. The guide-runner is not allowed to push, pull, or otherwise propel the competitor to gain an advantage at any stage during a race and the guide-runner must cross the finish line behind the competitor.

6. Results

- 6.1 Following the publication of race results, the Grand Prix Team will collate and publish the Grand Prix competition scores for each race.
- 6.2 Participants are responsible for checking that their official time is correct and raise any queries with the Race Director of the race concerned.
- 6.3 Participants must raise any queries concerning the allocation of Grand Prix points within the timescale set out at the publication of each set of results. This will be no more than 14 days from the date of publication.
- 6.4 Any queries received after the period set out in 6.3 will be rejected, except where the Grand Prix Team has been notified of an outstanding query with the race director which could have an impact on the allocation of points.

7. Scoring

- 7.1 Points will be allocated according to the official published results for each race. The chip time will be used, where available. If no chip time is available, gun time/finishing position will be used.
- 7.2 Points will be allocated within each group as follows:

1st – 20 points

2nd – 18 points

3rd – 16 points

4th – 15 points

5th – 14 points

Then 1 point less for each place after that.

- 7.3 Where a participant is unable to take part in an event because the club requires volunteers, the participant will be awarded 15 points. Volunteer points will be included in the results if this is one of the participant's highest 5 scores.

8. Withdrawals

- 8.1 Participants may withdraw from the competition at any time by sending an e-mail to the Grand Prix Team.
- 8.2 Where a participant withdraws, and they have scored points in races already completed, there will be no adjustment made to the points total of any participant in any group.

9. Final Standings

- 9.1 The highest cumulative total at the end of 9 events from each participant's best 5 scoring races will count towards the finishing places. Trophies will be awarded on that basis.
- 9.2 Participants must have completed a minimum of 3 races to be eligible for a trophy.
- 9.3 Where two or more participants are tied at the end of the 9 races, the participant with a multiple of highest placed finishes will be awarded the higher Grand Prix finishing position, e.g. most first place finishes, then second place, etc. If there's still a tie, two (or more) trophies will be awarded.
- 9.4 Trophies will be awarded for the top 3 positions in each group, subject to rule 9.2.