

## **GRAND PRIX RULES**

The Grand Prix consists of 4 running disciplines namely:

- Cross Country
- Fell Racing
- Road Racing
- Trail Racing

The Grand Prix also consists of categories 1, 2 and 3 which broadly equate to short, medium and longer races.

The Grand Prix consists of 16 races spread as evenly as possible over the running disciplines, the categories within the types and across the calendar year. In order to complete the Grand Prix, 8 races must be undertaken and the following criteria met:

- There must be at least one race from each type Cross, Fell, Road and Trail
- Followed by any other 4 races
- There must be at least one race from each category 1, 2 and 3

## **ALL-ROUND RULES**

The 'ALL-ROUND' Grand Prix can only be completed by runners completing the Grand Prix AND one other event, as follows:

- <60's – complete a full marathon or greater (road or off-road)
- >60's – complete a twenty-mile race or greater (road or off-road)

## **ADDITIONAL INFORMATION**

You must inform Steve Shipp of your time via email. In addition, you should provide time and race distance should you wish to complete the All-Round Grand Prix.

The Grand Prix Sub-committee will:

- substitute a suitable race if any nominated race is cancelled
- give as much notice as possible via e-mail or the web-site if this is necessary
- adjust the scoring if this is not possible
- receive comments on the GP as the year progresses and review and plan the following year

Scoring :-

The Grand Prix and All-Round Grand Prix will be scored using the WMA calculator.

All competitors will compete in the age group in which they fall on 1<sup>st</sup> Jan of the year of competition.