

presenting . . .

. . . the return of the

Grand Prix

The Grand Prix has been re-introduced to encourage more participation in local races. Not that long ago, there would be 30 or so members in all the local races, and it would be good to see this sort of participation again. This time around we have selected a cross section of races, most of which incorporate a Fun Run so that our juniors can also participate.

These are the races selected with the latest information available: we will update this as and when more information comes through.

RACES

Month	Date	Event		Terrain	Fun Run
February	20 th	Plymouth Hoe 10	10 miles	Road	Yes
March	6 th	Bideford Half Marathon	13.1 miles	Road/Trail	No
	20 th	Plympton Mad March Hare	10k	Road	
May	1 st	Bere Pen 10k	10k	Road	No
	29 th	Plymouth Half Marathon	13.1 miles	Road	See notes
June	4 th	Plymouth Coasters 5k	5k	Road	Yes
July	9 th	Duckponds	7k	Multi terrain	Yes
August	7 th	Totnes 10k	10k	Mostly off-road	Yes
September	18 th	6 Moor Miles	6 miles	Off-road	No
October	9 th	Autumn Trail	8 miles	Off-road	Yes

- The Fun Run at the Plymouth Half Marathon is in the form of a schools challenge and takes place on Saturday 28th May.

RULES

- 1) All members are automatically entered into the Grand Prix (not the actual races) – there is no entry form to complete
- 2) You compete against those in your age group given your age on the date of the first event – the Plymouth Hoe 10 – 20 February
- 3) If you move into another age group before the last race, please inform Keith of your birthday so that you then compete against those in your new age group – you will carry forward any points you have accumulated
- 4) The first home in each age group will receive 10 points, 2nd. 9 points and so on. If there are more than 10 members in an age group, the points will start at 20 for 1st. 19 for 2nd. etc. and all the points awarded up to that point will be amended
- 5) There will be 10 events during the year, all of which will have a Fun Run to encourage whole family participation. If it transpires that a chosen event does not have a Fun Run, another race will be substituted
- 6) The best scores from 7 events will count to allow for holidays and personal preferences
- 7) There will be prizes for 1st., 2nd. & 3rd. Male & Female
- 8) If scores are tied, the prize will be shared
- 9) All questions to Keith Bowles (01822 613607) who is administrating this for TAC.