

# GRAND PRIX 2009

## ESSENTIAL INFORMATION

### The basics

There are twelve road races and eighteen fell races to choose from. You can focus on the road races (six races of different lengths to qualify), and/or go for the fell races (again six races of different lengths to qualify). These are not handicapped: ie you get points depending on your overall time, in relation to the first three runners.

Provided you've done at least eight races of any length, at least three of which are fell or road, you'll have qualified by the year end for the club grand prix. This is handicapped, so more points if you're older or a woman.

Details below.

### PRE-ENTRIES

A lot of races are pre-entry, especially the English championship fell races (also some road races). It is important to enter these races early as they do get over subscribed.

### GRAND PRIX CHAMPIONSHIP

Points are awarded as a percentage of the average time of the first three finishers, and your age (if a veteran) and gender is taken into consideration and a handicap allowance is added. Thus, the best runners for their age get the most points. The best qualifying combination of 8 races count (this can be either 4 road/4 fell or 5 road/3 fell or 3 road/5 fell according to which is the highest score - the computer works it all out). Top ten finishers get trophies and all qualifiers get certificates.

### FELL CHAMPIONSHIP

Points are awarded as a percentage of the average time of the first three finishers but age related handicaps are not used. The fastest runners get the most points. Best 6 scores from 18 races count with at least one from each distance category. Trophies for all gender/age categories.

### ROAD CHAMPIONSHIP

Points are awarded as a percentage of the average time of the first three finishers but age related handicaps are not used. The fastest runners get the most points. Best 6 scores from 12 races count with at least one from each distance category. Trophies for all gender/age categories.

### CLUB CHAMPION

Awarded on the basis of a runners' single best counters (Fell & Road points) from all six categories added up. Only those who have completed at least one race in every category will be eligible. To qualify as "Club Champion" the runner will have to have all-round ability (and/or inclination).

### RULES

We're not really a "rules" club - but there are a few involved here...

**You MUST compete in a club vest if you want to score Championship Points.**

### DISTANCE CATEGORIES

**Fell Race categories** are as per FRA guidelines set out in FRA Calendar i.e. Short (S) is under 6 miles; Medium (M) is 6 miles and over but under 12; Long (L) is over 12 miles

**Road Race categories:** Short (S) is up to and including 10K; Medium (M) is over 10K and up to and including 10 miles; Long (L) is over 10 miles.

### CHAMPIONSHIP STATUS EVENTS

Any race which has Championship Status (usually English Championship Fell Races) carries a 9% points bonus to make up for the exceptionally high standard of performance.

**TODMORDEN HARRIERS**

