## Ackworth Road Runners: Grand Prix Rules

**Leagues:**

All members are allocated to one of 6 leagues based primarily on 10k performance over the previous year, although other race distance results can also be used. In the absence of race results for new members an initial league allocation will be made but an adjustment may be made in the light of subsequent race times!

In addition there is a Ladies League and Male Vets (40 +) and Female Vets (35+) Leagues. Members reaching qualifying ages during the year are allocated points only for events on or after their birthday.

**Points**

These are awarded based on the finishing position of members, based on chip times if available. The position is relative to other club members and not race position. For the Vets Leagues the finish time is age adjusted using the current WMA Age Grading Calculator before allocating points.

Open Leagues: maximum score is 100 for first place, subsequent place points are reduced by 80/number of club member finishers. This means that last place will always score in excess of 20 points. Points are awarded irrespective of which open league a member is in.

Example 1: Club finishers 40 - 1st place 100, 2nd 98, last 22

Example 2: Club finishers 60 - 1st place 100, 2nd 98.67, last 21.33

Example 3: Club finishers 20 - 1st place 100, 2nd 96, last 24.

For the Vets and Ladies Leagues the maximum score is 50 for first place, subsequent place points are reduced by 40/number of club member finishers. This means that last place will always score in excess of 10 points.

**Race Groups**

For 2019 there are 6 Race Groups based on distance.

Group 1: 5k to 5miles

Group 2: 10ks

Group 3: 10miles or thereabouts

Group 4: Half Marathons

Group 5: Any marathon

Group 6: Race Series - Spencer’s Dash 3.75m (best time in any of the races), Peco Cross Country, around 5 miles (best score for any race during the **calendar year**) and the Club Handicap Series ,4.5 to 10 miles (best score of series).

**Qualifying Scores**

Members may run in as many of the events as they wish but the maximum number of scores which will count for league positions is 10. This is subject to a minimum and maximum number of scoring events in each group. The best score combination will be used.

Group 1: Minimum 1, Maximum 2

Group 2: Minimum 2, Maximum 3

Group 3: Minimum 1, Maximum 2

Group 4: Minimum 1, Maximum 2

Group 5: No minimum, Maximum 1 (best marathon time, any event)

Group 6: Minimum 1, Maximum