

### DMVAC Grand Prix 2014/15

The DMVAC Grand Prix is being trialled for the first year for July 2014 to June 2015, and all DMVAC senior runners are eligible to enter. The categories are based upon your 10k race time rather than age, so all athletes will be competing against similar ability runners. What could be more fun?

The best six times are taken for each athlete, so there's no need to enter all the races. But one of the qualifying six must be either a Surrey Cross Country League match or a MABAC race.

Note that the Groups are not divided by gender. However, the cross country league has separate mens and ladies races and the points will be awarded separately for each race. Hence these races are excellent points scoring opportunities since you will have fewer competitors.

To enter the Grand Prix just email Stuart Prentice ([stuart.prentice@gmail.com](mailto:stuart.prentice@gmail.com)) with your typical 10k time and then run some races. Simple.

#### **The Races**

July	Badger Half Marathon
August	MABAC – Wimbledon Common
September	Reigate Half Marathon
October	Surrey Cross Country League Match 1
November	Epsom 10
December	MABAC - Wisley
January	Perch
February	Surrey Cross Country League Match 2
March	Cranleigh 15
April	Clandon 10k
May	Park Run (tbc)
June	Epsom 10k

#### **The Groups**

Athletes are allocated to a Group based upon their typical 10k race time as shown below.

Group 1	sub 38 min
Group 2	38-41 min
Group 3	41-45 min
Group 4	45-49 min
Group 5	49-53 min
Group 6	53-58 min
Group 7	over 58 min

### **Points**

Points are awarded for the finishers in each Group as listed below.

1 <sup>st</sup>	12
2 <sup>nd</sup>	10
3 <sup>rd</sup>	8
4 <sup>th</sup>	6
5 <sup>th</sup>	4
6 <sup>th</sup>	2
7 <sup>th</sup> and over	1

### **Rules**

To compete each athlete must:

- Be a senior runner and a fully paid up member of DMVAC.
- Enter each race under their own name and wear the race number specifically allocated to them.
- Wear club colours.

The best six results for each participant shall be counted but must include at least one Surrey Cross Country Match or MABAC race.