

DK MEMBERS 2020 GRAND PRIX - INTRODUCTION

The club holds an annual Grand Prix which is inclusive of **ALL** members. I am taking this opportunity to refresh the existing Grand Prix to make it more widely available to all the various abilities we have in the club.

How it works: -

The GP will run on a calendar year basis from 1st January to the 31st December.

I have increased the number of open races for this year **from 22 to 28** of which it's still your **BEST 8 ONLY** that will count. As before there are many local races to help promote ourselves in the area and to reduce travelling for members, where possible. There are cross-country and road relay bonus points (these are only available on specific races), in addition, you can select any other race as a joker race. (Try and score max points here – full explanation in the “GP2020 rules-v1” document.)

This year we will have an increased number of **10 targeted Parkruns (only your best 6 will count)** added to score bonus points and get the club out in numbers. All 3 DK races have been removed from the GP so 20 points will be awarded for marshalling.

The Grand Prix is split, with a Mens GP and a Ladies GP, so you are only competing against your own gender. The overall top 3 will each receive an award and other awards will be given for winning your gender age group (Senior, 40, 50, 60+)

Please note you can only win one award so if you're in the overall top 3 then you will not win your age group, this will go to the next person in the rankings.

****NOTE****

Where I am awarding points for different distances at one event, these are highlighted below in yellow.

Open Race List (Best 8 of 28)

<u>Event</u>	<u>Date</u>
<u>Stourbridge Stagger (7k or 10m)</u>	2/2/20
<u>Cannock Chase (5m or 10m)</u>	9/2/20
<u>Rugeley 10 (10m)</u>	16/2/20
<u>Action Heart 5 (5m)</u>	1/3/20
<u>Ashby 20 (20m)</u>	15/3/20
<u>Gloucester 20 (20m)</u>	15/3/20
<u>Lilleshall Monumental 10k</u>	22/3/20
<u>W&BAC Fordhouses 5k</u>	Usually March/April- TBC

<u>Event</u>	<u>Date</u>
<u>Ironbridge Half Marathon</u>	29/3/20
<u>Cathedral to Castle (10m) (Point to Point)</u>	5/4/20
<u>Chasewater Easter Egg 5k or 10k</u>	12/4/20
<u>Market Drayton 10k</u>	10/5/20
<u>Great Birmingham 10k</u>	31/5/20
<u>Birmingham Black County Half M (Point to Point)</u>	4/7/20
<u>Black Country 10k</u>	Usually July-TBC
<u>Pershore Plum 10k</u>	30/8/20
<u>Spitfire 10k</u>	Usually Sept- TBC
<u>Magic Mile (1m)</u>	Usually Early Sept- TBC
<u>Worcester City Run 10k or Half Marathon</u>	Usually Sept- TBC
<u>Apley Estate 5k or 10k or (21k-trail half marathon)</u>	Usually Sept- TBC
<u>Birmingham (City) Half Marathon</u>	11/10/20
<u>Almost8 (8k)</u>	18/10/20
<u>Bridgnorth 10k</u>	Usually Oct- TBC
<u>Action Heart Tuff'Un (formerly Suicide Six) (6m)</u>	Usually Nov- TBC
<u>Telford 10k</u>	Usually Dec- TBC
<u>Sneyd Pudding Run (5m or 10m)</u>	Usually Dec- TBC
<u>W&BAC Turkey Trot (5m)</u>	Usually Dec - TBC
<u>Wheaton Aston Roman 10k</u>	27/12/20

X-Country Races (Bonus 10 Points)

4 Birmingham XC League Races ONLY, made up of: -

2 x end of 19/20 Season (TBC but usually in January & February (2020))

2 x start of 20/21 Season (TBC but usually in November & December (2020))

Midland Road Relays - Sutton Park (Bonus 10 Points)

Spring Road Relays TBC usually March (2020)

Autumn Road Relays TBC usually Sept (2020)

2020 GP Parkrun List (Best 6 scores of 10 only will count)

<u>Event</u>	<u>Date</u>
<u>Telford Park</u>	18/01/20
<u>Walsall Arboretum</u>	22/02/20
<u>Wolves – East Park</u>	28/03/20
<u>Wolves – West Park</u>	May - Around time of DK10K
<u>Dudley</u>	June - Around time of GT5K
<u>Severn Valley Country Park</u>	04/07/20
<u>Churchfields Farm</u>	15/08/20
<u>Wyre Forest</u>	05/09/20
<u>Sandwell Valley</u>	03/10/20
<u>Arrow Valley</u>	07/11/20

Enjoy the competition & good luck to everyone taking part.

****Next, please read the “GP 2020 Rules-Version 1” and “2020 GP Parkrun rules” documents for further explanation****

Tim Rowe

DK GP Administrator