

DK Grand Prix 2019

Welcome to the 2019 version of the DK Grand Prix Series, there have been some major amendments to the rules and races to make things a little more competitive this year. Please note that the new season will kick off with the DK New Year's Day Handicap and ending with the last race in December, the W&BAC Turkey Trot.

The format is that there are a number of races listed below of which your best 8 races will count towards your total score, these are classed as open races. The list of races includes various distances and many are local to make the series available to all but as only your best 8 count feel free to do as many or as few as you want. There will be a limited number of targeted Parkruns announced to help add to your score, of these, only your best 3 scoring Park Runs will be counted to your score. You can add a joker race which should be any race and distance you wish, this is an opportunity for you to bag maximum points so choose wisely. See relevant section regarding this overleaf. There will be Bonus points for marshalling, cross country and road relays for representing the club but these points will be limited to the races specified only.

The rules and scoring are listed below:

There are a number of opportunities to gain points:

1 – Everyone who finishes and are listed in the results will get 5 points irrespective of where they finish.

2 – Your position in the race compared to other club members. First back for the club gets 20 points, 19 for 2nd, 18 for 3rd etc until either runners or points run out. This year the points will be split into male and female categories. 1st male gets 20 and first female will also get 20, 2nd gets 19 etc.

3 – P.B. for the distance. 10 bonus points for a personal best irrespective of how much you beat it by but you must tell me. The distance can be anything as long it is specified, ie 9km or 10.5 miles or whatever it maybe. Ie you can have separate 9k and 10k pb's!!

4 – P.B. for the course. 10 bonus points for your fastest time over the course itself. If it's your 1st time running the course, it's a pb by default of course. Again, you must tell me.

5 - PB's should be DK PB's, any races run and times recorded in the dim and distant past for other clubs will have a line drawn through them. Only times run in DK colours will matter, it's a DK Grand Prix so only times run in DK colours matter.

6 - **Only 8 open races and 3 Parkrun races will count towards your overall total** (excluding bonuses and jokers). You don't need to tell anyone what these races are, they will be your top eight scores at the end of the season.

7 – You can only win one prize so if you are in the top 3 of the Grand Prix then your age category prize will go to the next person in that age group. This is to encourage more people to have a go as you could still win your age category.

Joker Race

****THIS CAN ONLY BE USED ONCE DURING THE YEAR****

In addition to the race list, runners can nominate a "Joker Race", **one that is not on the list but can be any timed race as long as they publish results on the web.**

E.g. If someone wanted to use the London Marathon they could bag 5 points for finishing, 20 points for being first back for the club, 10 points each for a course and distance P.B. gaining a maximum of 45 points. I've used a marathon as an example but the same thinking could apply to any race over any distance.

It is not absolutely essential to score maximum points for the joker race ie, as finishing 3rd back for the club would still score 43 (18+5+10+10). It is best to think outside the box for this one as even some random 800m event somewhere could count!!

Parkruns can be used as jokers as well, but just not on the day that they are designated to be run as one of the five DK events. Any parkrun venue on any other day than the ones specified above are ok.

I must be informed of your intention to play a joker race within 7 days of the race otherwise the chance will have gone and you will have to select another event to play it on.

Club Bonus Races

We will also include "Club Bonus Races" where runners are rewarded for representing the club in the cross-country leagues and road relays. Runners would gain 10 points for running irrespective of where they finish or what time they record. They would get 10 points for turning out in the Birmingham Cross Country League, and Midlands Road Relays, appearance points I suppose. The intention here is to encourage runners to compete in club events.

Parkrun Bonus Races

We will also include "Park Run Bonus Races" where runners are rewarded for representing the club in targeted Park Runs where our intention is to get as many of the club out to show the club off. As in the open races only your 3 best Park Run events will be counted to your score. The scoring will be based on only 15 points for 1st male the 14, 13 etc and the same for the ladies 15, 14, 13 etc. Also there will be 5 points for being on the finishing list, irregardless of place.

Marshalling

We have added some points to reward the work done by the dedicated few who marshal our DK races. So if you help out and marshal at the New Years Day Handicap, DK 10K or Gavin Tipper 5K then you can claim 10 bonus points per event.

Start and Finish

Grand Prix starts as the last one finishes with the New Years Day Handicap and finishes with the last race in December.

Entering

Everyone is entered automatically into the Grand Prix if they do any of the chosen races but they have to tell us if it's a PB for course or distance and we need to be told within 7 days of the event, I appreciate we are relying on trust here but we can always disqualify people if they get caught out.

What Do YOU Need to Do?

It is your responsibility to notify Tim Rowe of any results/times, any PB's and any potential bonus points you feel you are entitled too. I would need to know within 7 days of the event to allow me to update the league table, any notifications after 7 days will have missed the deadline as I can't keep revisiting scores. The door will close a week after the event so it is up to you to tell me in time. Obviously **YOU** have to enter each race and pay for the race not the club.

Just to reiterate, the same 7 day deadline applies to informing me of you playing your joker race.

Results

The league tables and information will be published on this website page and the club Facebook group periodically.

Disputes

Any queries to me, as competition Steward, I will have the final decision.