

DK Members Grand Prix

The club holds an annual Grand Prix which is inclusive of **ALL** members. We are 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. One of the changes is that the GP will run from 1st January to the 31st December. There are other rule changes to make it more competitive and fairer.

How it works:-

We have chosen **22** open races of which your **BEST 8 ONLY** will score, we have used local races to help promote ourselves in this area and to reduce travelling for our members. There are x-country and relay bonus points (these have been reduced and are only available on specific races), you can select any other race as a joker race (try and score max points here), this year we will have a few targeted Park Runs added to score bonus points and get the club out in numbers. Not everyone can race the DK races so we have added marshalling points for those who wish to bank them as they don't count against your races.

The Grand Prix is split with a men's GP and a ladies GP so you are only competing against your own gender. The top 3 will receive an award and awards will be given for winning your 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.

Open Race List

New Year's Day Handicap (4M)	DONE FOR 2019
Stourbridge Stagger (10M)	DONE FOR 2019
Action Heart (5M)	DONE FOR 2019
Stafford Half Marathon	DONE FOR 2019
DK 10K	1/5/19
Cobra "Run for the Sun" 10k	19/5/19
Aldridge 10K	9/6/19
Gavin Tipper 5K	20/6/19
Blakedown Bolt 10K	21/6/19
Black Country 10k	30/6/19
Tipton Harriers Andy Holden (5M)	10/7/19
Wenlock 7 Mile road race (Wenlock Olympian)	14/07/19
Cannock Chase 10K	4/8/19
Spitfire 10K	1/9/19
Magic Mile (1M)	6/9/19
Race on the Edge (9M) (Wenlock Olympic)	29/9/19
Sheepwalks Shocker 10K	06/10/19

Coven Canter 10K	27/10/19
Suicide Six (6M)	24/11/19
Telford 10K	8/12/19
Sneyd Pudding Race (10m)	8/12/19
Turkey Trot (5m)	15/12/19

X-Country Races (Bonus 10 Points)

4 – Birmingham League Races ONLY	2 x DONE for 2019
	2 REMAINING IN 2019 - TBA

Road Relays -Sutton Park (Bonus 10 Points)

Spring Relay	DONE
Autumn Relay	TBA

Park Run List

Wolves	4/5/19
Dudley	29/6/19
Sandwell Valley	20/7/19
Wyre Forest	24/8/19
Walsall Arboretum	5/10/19

Any questions about the Grand Prix then have a chat with me, I'm usually down the club on run nights.

So good luck to you all and let's get the competition running.

Tim Rowe

DK Running Club