

DK Grand Prix 2020

(RULES VERSION 2 – CHANGED 22/1/20)

Welcome to the 2020 version of the DK Grand Prix Series, there have been some amendments to the rules and an increase in number of races and targeted parkruns to make things a little more balanced and competitive this year. In addition, and for the first time, there will be points available for races where there are multiple distances, these will be indicated/highlighted on the fixture list.

Please note that the new 2020 GP competition will kick off as usual, but with marshalling points only for our New Year's Day Handicap Race. Stourbridge RC's, "Stourbridge Stagger" (7k & 10mile, points for both distances will be awarded) will be the first "running" event on 2nd February 2020, and will end with the last race on December 27th 2020, with the "Wheaton Aston Roman 10K."

The format is that there are 28 races (pre-determined on the published 2020 fixture list) 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 from 5k up to 20 miles, and many are local to make the series available to all members. Where highlighted, multiple distances at the same event will score you points. Feel free to do as many or as few races as you want, but only your best 8 will count.

There will be 10 targeted Parkruns (dates listed on the 2020 fixture list-separate document) to help add to your score, of these, only your best 6 scoring Parkruns will be counted towards your score. In the 10, there is a good mix of all sorts of terrain. If you're feeling brave, then there are double points on offer for the Churchfields parkrun. This is not a bonus race but will count towards your 6 best.

You can add a joker race, which could be any race and distance you wish, this is an opportunity for you to bag maximum points, so choose wisely. Please see relevant section regarding this overleaf. There will be bonus points, per race for marshalling at the 3 DK events as well. 20 each for the New Year's Day Handicap, the Gavin Tipper and the DK10K.

10 points will be awarded per race for representing the club at designated Cross Country and Road Relay events.

The rules and scoring are listed below:

There are a number of opportunities to gain points: -

1) ENTRY POINTS

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

2) POSITION BACK FOR THE CLUB

Your position in the race compared to other DK club members is where you can also score points. First back for the club gets 20 points, 19 for 2nd, 18 for 3rd etc until either runners or points run out. Points will again be split into male and female categories. 1st male back gets 20pts, 2nd male 19pts, 1st lady back will also get 20pts, 2nd lady back 19pts etc.

3) "DISTANCE PB"

10 bonus points for a Personal Best (best time ever) at that distance, irrespective of how much you beat it by. BUT YOU MUST TELL ME. THAT IS YOUR RESPONSIBILITY, NOT MINE TO CHASE YOU.

PLEASE NOTE - NEW CLARIFICATION FOR THIS YEAR The distance can be anything as long it is specified in the race description or advertised as such on the web and the results published online. I'm not interested in over or under on race distances and these will not count as separate PB's. I.e. you can have separate 9k and 10k pb's, as long as that is the specified/advertised race distance, not the actual distance, some races are short, some are long. Ergo, if a 5 mile race is actually 4.8 miles, your recorded time will still be a 5 mile for the purposes of a PB. Conversely, if a different 5-mile race is, say, 5.2 miles the same applies. I cannot keep track of all distances that some of you choose to log on Strava or whatever, it is simply way too involved.

I have now been asked on a few occasions to award separate distance PB's because of the surface the race is run on, i.e. trial or road. Ruling on this is as follows:

**** ADDED/CHANGED (22/1/20) IN VERSION 2****

"ANY DISTANCE UP TO, BUT NOT INCLUDING A HALF MARATHON WILL COUNT AS ONE PB ONLY, road or trail. Trail Half and full marathons, where the word "trail" or something similar is mentioned in the race title, I will allow separate PB's". Clearly trail half/full marathons, with very little or no road will, in the main be harder than road half/full marathons. I appreciate this is far from always the case, but the line must be drawn somewhere with it.

4) "COURSE PB"

10 bonus points if it's your fastest time you've run that specific course. If it is your 1st time running the course, it's a "Course PB" by default obviously. AGAIN, YOU MUST TELL ME. THAT IS YOUR RESPONSIBILITY, NOT MINE TO CHASE YOU.

PB's should be DK PB's ONLY. Any races run, and times recorded for other clubs will not count. It's a DK Grand Prix, and only times run in DK colours will matter.

CLUB BONUS RACES

Also included are "DK Club Bonus Races" where runners are rewarded for representing the club in the Cross-Country Leagues and Road Relays. Runners will gain 10 points for running, irrespective of where they finish or what time they record. They will get 10 points for turning out in each of the 4 Birmingham Cross Country League events (2 events to finish off the 19/20 season in January and February 2020 respectively and 2 from the start of the 20/21 season in November and December 2020), so 40 points up for grabs there.

In addition, 10 points per event will be awarded for the Spring and Autumn (Dates TBC but usually March and September respectively) Midlands Road Relays at Sutton Park, so another 20 points up for grabs there.

These are appearance points and the intention here is to encourage members to represent the club at regional events.

JOKER RACE

THIS CAN ONLY BE USED ONCE DURING THE YEAR

In addition to the race list, runners can nominate a “Joker Race” This can be played on any race with online published results, including, but not limited to any of the 28 open races of your choosing **BUT NOT ON ANY OF THE 10 DESIGNATED PARKRUNS.** Open races can be used for jokers but obviously to score maximum, or close to maximum points you will have to be close to finishing in the top few positions for the club, which is not always possible. Therefore, the idea with this is to think a little outside the box, i.e. a race with a strange distance, i.e. 7km or 9 miles etc. In addition, where you know you can be first back, or close to first back for the club and set a Course and Distance PB.

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 PB, 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, as even some random 800m event somewhere could count, as long as results are published online.

It is NOT absolutely essential to score maximum points to play your joker race i.e., as finishing 3rd back for the club with PB’s would still score 43 (18 place points, +5 entry points, +10 course PB, +10 distance PB). Please do not think you have to score maximum points to play your joker.

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 specified 10 DK parkrun events. Any parkrun venue in the world (just for you travellers!!) on any parkrun day, other than the ones specified can count, as long as they publish online results and I can view them. Just make sure if you plan to play your joker on a parkrun, that it’s played after you achieve your all time fastest ever parkrun/5k time (for a distance PB) and your finishing position for the club is high. Ideally, combine this with a bit of parkrun tourism (course PB by default), where you know there is a possibility you could be the only DK member there.

This of course applies to all races really and all of this is very much up to you. Just tell me after you’ve done the race, not before, obviously, as you may not get your PB.

*****I MUST BE INFORMED OF YOUR INTENTION TO PLAY A JOKER RACE WITHIN 7 DAYS OF THE RACE / PARKRUN HAPPENING OTHERWISE THE CHANCE WILL HAVE GONE, AND YOU WILL HAVE TO SELECT ANOTHER RACE*****

Just to reiterate, a blanket 7-day deadline applies to informing me of you playing your joker race after the date of the event itself. For this you will have to contact me and tell me the following information: -

- 1) When and where the race was.
- 2) Your position back for the club.
- 3) Any PB’s (Course or Distance) you may have achieved.

PARKRUN BONUS RACES

See separate sheet called “GP 2020 Parkrun Rules” for all the information regarding this side of the competition.

MARSHALLING

****CHANGE THIS YEAR****

As none of the 3 DK races will be included on the GP, anyone who helps with these events will receive GP Points for their efforts. Any member that volunteers to help with the New Year's Day Handicap, the Gavin Tipper and the DK10K will receive 20 points per event. Of course, members can run in these events but there will be NO POINTS ON OFFER FOR DOING SO.

****NOTE: It is very important to stress that these marshalling points WILL be included in your best 8 points race tally. So, if you only compete in say, 5 of the 28 races, you will still get your 8 races in. This makes sure that people who perhaps can't enter many races throughout the year due to work/family commitments or cost etc are not penalised. In addition, there's always the increased number of 10 Parkruns as well, which can score a lot of points on their own. The parkrun points obviously do not count to your 8 open races but will be added on as the competition progresses****

START AND FINISH

The 2020 Grand Prix is run on a calendar year basis. It starts on 1/1/2020 as the last one finishes and ends on 31/12/2020.

Only your 8 best scoring open races and 6 Parkrun races will count towards your overall total, in addition marshalling points, a bonus joker race and points for Relays and XC will be also be included. You don't need to tell me what your best scoring 8 races or 6 best Parkruns are, I will sort this as the competition progresses.

You can only win one prize so if you are in the top 3 of the Grand Prix, your age category prize will go to the next person in that age group. This is to encourage more people to compete to win age category prizes

****Your age category for the GP will be determined as of your age on the 1st January for that relevant year****

ENTERING

Every DK member is entered automatically into the Grand Prix so long as they are a fully paid up member on the 1st January of that year's competition. This is regardless of membership type (UKA or non-UKA) Your age category will be determined as of your age on 1st January of that year's competition.

New members / beginners only

In order to cater for new members or beginners joining the club after the Gavin Tipper, there will be a cut-off date of 30th August to be added to the GP. After that people will not be allowed to join until the following years competition.

Existing members

Membership renewal is on 1st April. Any members that were initially included in the GP, but let their subs lapse for more than 3 months and don't re-join will have their points scrubbed off for the year and will be removed from the standings. Points will still be lost if they join after the cut-off date of the 1st July. Obviously if they do subsequently re-join, they will be re-entered into the following years competition.

WHAT DO YOU NEED TO DO???

It is your responsibility to notify me, Tim Rowe of any results/times, any PB's and any potential bonus points you feel you are entitled to. I would need to know this information within the timeframe I stipulate on my Facebook post. Please see information below for further details.

Obviously, YOU must enter each race and pay for it yourself, not the club.

You do not need to tell me your best 8 scoring races or 6 best scoring parkruns are, I will sort that out.

NOTE: It would be extremely helpful to me, if, when you are entering races, you either type or use the usual drop-down box to list your club as "DK" or "Dudley Kingswinford RC" or whatever iteration of it there is. I know most of you do it and that the option is not always possible, but it would help me process the results quicker, as it makes you far easier to spot in race listings. For smaller races it's not as critical, but, for example, where there was in excess of 1200 running in the Spitfire 10k this year and a quite a few people weren't listed as DK, it took me quite a while to go through the results and to sort it out. While they have been added retrospectively, people had been missed off GP points tables as a result and that is something I want to avoid going forward.

RESULTS / LEAGUE TABLES

A points table will be produced and published on Facebook for EACH event. Here you will be given the opportunity to claim any PB's and check if there are any errors you think I may have made.

I will state in my post the timeframe for informing me of any of the above. It is your responsibility and yours alone to check this information. Once the time I stipulate has elapsed to inform me, points will be allocated to the main table and that will be it. I will not apply PB's retrospectively, as I will not revisit races once the time has elapsed.

The overall league tables will be published on the website page and the club Facebook group as listed below. I will aim, but cannot guarantee to produce these as follows: -

END OF FEBRUARY 2020

END OF APRIL 2020

END OF JUNE 2020

END OF SEPTEMBER 2020 (last one)

The table produced at the end of September will be the last overall table published for the 2020 competition, so that the winners will be a surprise on presentation evening.

DISPUTES

Any queries or questions to me please. I am contactable through Facebook, Messenger etc.

As competition steward, I will have the final decision.

Good luck and enjoy the competition.

TIM ROWE

DK GP ADMINISTRATOR