

Tynedale Harriers Grand Prix Rules:

- 1) The competition runs for a calendar year.
- 2) The final race should be run on the earlier of:
 - a. 14 days before the club awards night
 - b. The 31st of December.
- 3) The competition is designed to:
 - a. Find the best runner in the club
 - b. Increase participation
 - c. Promote our club by wearing your club vest.
- 4) All races should be run wearing a Tynedale Harriers vest.
- 5) The principal of WAVA percentages is used to provide a score for each time you race. For example, if you run at half the speed required to run a world record in a race, you get a score of 50%. More detail is available here <http://www.howardgrubb.co.uk/athletics/index.html>.
- 6) The world record for your age is predicted relative to the true world record, therefore vets receive a higher score than younger runners if they complete a race in the same time.
- 7) A runners age is that taken on the day of the each race.
- 8) Separate gradings are used for males and females. Therefore, the competition has a combined league table.
- 9) As many of the events are long, the competition will not feature U18 runners.
- 10) Should an athlete turn 18 during the year, then they are eligible for the championship. Any races completed during the year before their 18th birthday will count, assuming that for each race the runner was eligible to complete in accordance with each race organisers rules.
- 11) Races are separated into 3 categories
 - a. Under 10k
 - b. Endurance
 - c. Trail/Fell
- 12) For road events the road world record for that distance will be used. For trail and fell events the course record will be used. The equivalence table for the closest race distance (in terms of time) will be used to determine the age factors. For example, if a fell race is won in approximately one hour, the equivalence table for the half marathon will be used.
- 13) Where no course record is available, or the course has changed, the winners time will be used instead.
- 14) A runner's league position will be determined by the mean of their best 5 scores. See rule 14) and rule 15).
- 15) Runners must run at least 1 race in the 3 categories. See rule 11). The other 2 may be taken from any category.
- 16) Runners who complete less than 5 races in the season will not feature in the final league table.
- 17) In the event of a tie, the runner with the highest individual performance will prevail.
- 18) In the 2018 championship 'any' Prudhoe Parkrun is a scoring race. In the event of a Hexham Parkrun starting, then both races will count. The best time over the two races will be used to give the runner a score.