

## GRAND PRIX RACE SERIES 2019

- The Grand Prix series is open to all fully paid adult members.
- Runners are responsible for organising their own entries to all races. Please be aware that some events reach their entry limits prior to the event.
- All competitors must enter the race as affiliated to Torbay Athletic Club.
- Some dates have not been confirmed yet, please check with the race organisers.
- Races are subject to change by the Committee, new races might be added in the event of an existing race being cancelled.
- If more than 7 races in each series are completed, the runner's highest 7 scores will count.
- Age categories are based on age at the 1st January 2019.
- Any members who have not renewed their membership by the annual due date will not be allowed to accumulate further points.

### Age categories

Senior Men Senior Ladies

MV40 SF35

MV50 SF45

MV60+ SF55+

### Scoring

Points are awarded based on finishing position within the club, by gender.

1st female for Torbay AC = 50 points, 2nd female for

Torbay AC = 49 points, 3rd female = 48 points etc.

1st male for Torbay AC = 50 points, 2nd male for

Torbay AC = 49 points, 3rd male = 48 points etc.

### Road & Track Series

1. 1st Chance 10k -20th Jan; 2019
- 2 Exmouth Express 5M-3rd Feb;
- 3 Fast Friday 10K -19th Apr;
- 4 Ivybridge 10K -11th May
- 5 Exe Relays- 17th May;
- 6 Plymouth Half 19th May;
- 7 Age UK Exeter 10K - 16th June;
- 8 Devon 10,000m Track - 19th June;
- 9 Exeter 10K - 17th July;
- 10 Run Exe 5K Series April to Sept;
- 11 Erme Valley Relays – TBC;
- 12 Chudleigh Carnival 5 – TBC;
- 13 TAC 5000m – TBC;
- 14 Dartmouth Regatta 5 – TBC;
- 15 Newton Abbot Ladies – TBC;
- 16 Great West Run - 13th Oct;
- 17 3,000m Exeter Arena - 19th November.

### Multi-Terrain & Cross-Country Series

1. Westward League Cross Country Oct 2018-March 2019
2. Oh My Obelisk! Sunday 13th January 2019
3. The Grizzly 20 mile Sunday 10th March 2019
4. Crediton Crunch 6 mile May 2019
5. Dawlish Dash 4 mile Thursday 6th June 2019
6. Coleton Footacher 6.3 mile Saturday 8th June 2019
7. Haytor Heller 6 mile Saturday 13th July 2019
8. Decoy Park 5km July
9. Totnes 10km August
10. Forest Flyer 5 mile August
11. Lustleigh Show 10k Aug
12. City2Sea marathon September
13. Templer Ten 10 mile November
14. The Drogo Ten 10 mile November
15. Cockington Christmas Caper 7.5 mile December

Note no Devon Open Events have been included as there is now a separate trophy for Track & Field.