

# THE CORNISH GRAND PRIX 2012



Sponsored by Cornwall Glass & Glazing



Glazing Ltd.

The 2012 Grand Prix comprises 15 races as listed

Glazing Ltd.

	Race	Dist	T	Day	Date	Organisers
1	Stormforce 10	10 m	R	Sun/am	22/01/12	Carn Runners
2	Marazion	10k	R	Sun/am	05/02/12	Hayle Runners
3	Duchy Marathon	26.2 m	R	Sun/am	04/03/12	Cornwall AC
4	An Res Hellys	10 m	MT	Sun/am	25/03/12	Tri logic / Carn
5	Trevornick 10	10 m	MT	Sun/am	15/04/12	Newquay R R
6	Cubert	5 m	R	Tue/pm	29/05/12	Newquay R R
7	Sticker	5 m	R	Sat/pm	16/06/12	St. Austell R, C
8	Launceston	10 m	R	Sun/am	01/07/12	Kernow Runners
9	Turkey Trot	4 m	R	Wed/pm	11/07/12	Cornwall AC
10	Magnificent 7	7 m	R	Sun/ am	15/07/12	Tamar Trotters
11	Indian Queens	13.1 m	MT	Sun/ am	05/08/12	Newquay R R
12	Treggy 7	7 mile	R	Sun/ am	02/09/12	Launceston R R
13	Truro Half	13.1 m	MT	Sun/ am	16/09/12	Truro R C
14	Newquay	10k	R	Sun/ am	07/10/12	Newquay R R
15	Cornish Marathon	26.2 m	R	Sun/ am	18/11/12	East Cornwall Harriers

The races are open to all but for individuals to be included in the Grand Prix tables they must be a member of one of the affiliated Cornish Running Clubs and wear the club colours during the competition.

To achieve a Grand prix completion award the competitor must have completed 8 out of the 15 races, two of which must have been a distance of 10 miles or over.

Once a competitor has completed more than the minimum 8 races the lowest scores will be discarded. There is an alternative award if a competitor completes all 15 races in the series.

There are two individual competitions for both Male and Female, the "Open" and the "Age" category competition. All ages compete in the open and the winner of the race is awarded 300 points and second place 299 and so on down the field.

For the category competition the competitor's age on the 1<sup>st</sup> January 2012 is their competition age for the series. The winner of each age category is awarded 100 points and the second place 99 and so on down the field.

Age categories are: -

Male and female under 20 (Only for race of 10k or less, as shown in green above)

Male under 40, M40-44, M45-49 M50-54, M55-59 M60-64, M65-69 M70-74, M75+

Female under 35, F35- 39, F40-44, F45-49 F50-54, F55-59 F60-64, F65-69 F70+

Both the men's and the women's team competition require teams of six to score. These will be the first six male finishers from a club and the first six female finishers from a club.