

Winter Grand Prix scoring system 2016 - 2017:

Cross Country races:

Harrier league fixtures:

1. 25 points per appearance, 50 point bonus for participating in all 6 races
2. Points awarded for % position in field (slow/medium/fast pack taken into account). Best 4 out of 6 performances to count

North Eastern Championship/Northern Championship/National Championship:

1. 25 points per appearance, 50 point bonus for participating in all 3 races
2. Points awarded for % position in field. Best 2 out of 3 performances.

Sherman Cup/Davidson Shield

1. Points awarded for % position in field

Park run:

Best age graded performance (i.e. 75% = 75 points)

Club races - (Durham Cathedral relays, Royal Signal relays, Elswick Good Friday relays, Turkey trot, Farringdon relays):

25 participation points for each race attended

Please note: If you volunteer to take part in a relay, but are not selected, you will still receive 25 points. You will need confirmation from your captain that you have volunteered, but were not selected.

Club time trial:

Points awarded for % position in field

10k road races - Saltwell Park 10k, Heaton Memorial 10k:

1. 50 points for participating in both races.
2. Points awarded for % position in field. Best performance out of the two races)

Club 10 mile race (race to be confirmed):

1. Points awarded for % position in field