

The senior and veterans **Winter Grand Prix 2014/5** will include the following races

GHAC Time trial	5/10/2014
NEHL1	11/10/2014
Town moor10k	9/11/2014
NEHL2	22/11/2014
NEHL3	29/11/2014
NE Cross-country champs	13/12/2014
Saltwell Park 10k	20/12/2014
GHAC Turkey trot	26/12/2014
Durham Cathedral relays	11/01/2015
NEHL4	17/01/2015
Royal signals relays	tbc
NEHL5	28/02/2015
NEHL6	14/03/2015
Elswick Good Friday relays	03/04/2015
North Tyneside 10k	05/04/2015
Park run (5k)	14/09/14-04/4/15

**Scoring:**

Club events (time trial and Turkey trot): 25 participation points plus place in field (on time)(%)

NEHL fixtures and NE cross-country championships: 25 points for participation in each race, plus place in field(on time) (%) for your 3 best finishes

relays: 25 points for participation

10k races (Memorial, Saltwell, North Tyneside): your best 10k (50% place in field, 50% age graded)

5k park run: your best in the qualifying period (100% age graded).