**TAC Age Graded Winter 2015-2016 series Park Run Grand Prix**

Below are the qualifying races for the TAC Winter park run grand prix.

The format is the same, your 4 best race scores will count, you can run in as many as you want. A score is your position once the results have been sorted by age grade relative to other TAC runners in the event. If 23 TAC members run, then the highest age graded scorer will score 23 points, second 22 points and so on. All members taking part will score at least 1 point. First place will score a minimum of 10 points, even if less than 10 TAC members take part. At the races indicated there will be a minimum of 20pts for the winner. A change for this year will be 5 bonus points for anyone running a PB at the Tonbridge Park run.

In the event of a tie at the end of the 10 events, the winners will have their 5th highest score added to their total (and 6th if required etc etc)

Please make sure that you are registered with <http://www.parkrun.org.uk/> and that you indicate that you are a member of Tonbridge AC. If you have previously been a member of another club please make sure that you alter your registration with Park Run by following the links on your weekly email.

As it is XC season, I have included 2 races at Lullingstone, one at Orpington ( mainly off road cross country), and a New Years day run at Tonbridge, start at 10.30am.

|  |  |  |  |
| --- | --- | --- | --- |
| 17th Oct | Tonbridge |   |   |
| 14th Nov | Lullingstone | Min 20pts | Hilly off road, good XC prep |
| 21st Nov | Tonbridge |   |   |
| 1st Jan | Tonbridge | Min 20pts | Starting at 10.30am (note I had originally scheduled for Bromley) |
| 2nd Jan | Tonbridge |   |   |
| 16th Jan | Orpington | Min 20pts | Mixed terrain, undulating and can be muddy, good XC prep |
| 6th Feb | Tonbridge |   |   |
| 20th Feb | Lullingstone | Min 20pts | Hilly off road, good XC prep |
| 19th March | Tonbridge |   |   |
| 2nd April | Tonbridge |   |   |

Any queries please contact mark@pkfamily.plus.com