



Bere Alston Trekkers

...do it in all weathers !!

GrandPrix 2017

The Bere Alston Trekkers (Bats) Grand Prix is set up to encourage members to participate in more races and thus improving their overall standard. The Grand Prix is purely for fun, and there is no pressure on any members to participate.

Jan-17

Any EA / ARC recognised / registered event of 10K or more.

Feb-17

19 Cornwall Fire & Rescue Half Marathon	Lanhydrock, Cornwall		13.1 miles	MT
26 Looe 10	Looe		10 miles	
26 Hameldown Hammer / 7even	Widcombe-in-the-Moor		13.1 or 7 miles	MT

Mar-17

5 Bideford Half Marathon	Bidefords		13.1 miles	
19 Tavy 13	Tavistock	Tavistock Athletic Club	13.1 miles	
19 Mad March Hare 10k	Plympton	Plymouth Rotary	10k	

Apr-17

9 Honiton Hippo	Honiton	Honiton RC	7 miles	MT
16 5 Tors Moorland Run	Liskeard	East Cornwall Harriers RC	8 miles	XC
30 Hartland Heartbreaker	Hartland Abbey	North Devon Road Runners	18 or 8 miles	XC
30 Saltash Half Marathon	Saltash	Tamar Trotters	13.1 miles	

May-17

6 Ivybridge 10k	Ivybridge	Erme Valley	10k	
14 Imerys Half & Full Marathon	St Austell	St Austell Running Club	13.1 or 26.2 miles	MT
27 Bere Pen 10k	Bere Alston	Bere Alston Trekkers	10k	
TBC Haldon Heartbeat	Exeter Race Course	Haldon Trail Runners	8.5 miles	MT

Jun-17

10 Buckland Bounder	Buckland Monachorum	Buckland Monachorum Fair	6 miles	MT
11 Plym Valley Challenge	Estover, Plymouth	Instinctive Sports	8 miles	MT
17 Coleton Foot Acher	Collaton Fishacre	South Devon Athletic Club	6.3 miles	MT
17 Burrator Horseshoe	Meavy	Meavy Oak Fair	7 miles	MT



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<u>Jul-17</u>				
1 Muskie Madness	Kings Tamerton, Plymouth	Plymouth Musketeers	10k	MT
8 Muddy Duck Run / Duckponds	Orseton, Plymstock	Plymstock Road Runners	10k	MT
16 The Magnificent Seven	Saltash	Tamar Trotters	7 miles	
22 Cornwood Challenge	Cornwood		10k	MT
30 6 Moor Miles	Yelverton	Plymouth Harriers	6.5 miles	XC
<u>Aug-17</u>				
6 Totnes 10k	Totnes		10K	
12 Roseland August Trail (RAT)	Nr. St. Austell	Mud Crew	64, 32, 20 or 11 mile	MT
26 Oke Croak	Okehampton	Okehampton Running Club	10 miles	XC
26 Jurassic 10k	Budleigh Salterton		10K	MT
28 Peter Tavy Plod	Peter Tavy	Peter Tavy Fair	5 miles	MT
<u>Sep-17</u>				
3 Treggy 7	Launceston	Launceston Road Runners	7 miles	
10 Sandbach 10K	Sandbach	Sandbach Striders	10K	
10 Armada Autumn Trail	Newnham Park, Plympton	Armada Athletics Network	7 miles	MT
23 Lanhydrock 10	Lanhydrock, Cornwall		10miles	MT
<u>Oct-17</u>				
8 Mud & Sweat	River Dart Country Park		5 or 10K	XC
15 Eden Project Marathon & Half Marathon	Eden Project, Cornwall		13.1 or 26.2 miles	
22 Tavy 7	Plaster Down	Tavistock Athletic Club	7 miles	
<u>Nov-17</u>				
5 Templer 10	Stover Country Park	Teignbridge Trotters	10 miles	MT
12 Remembrance Day Run	Marazion	Mountsbay Harriers	4.2 miles	XC
19 Cornish Marathon	Pensilva	East Cornwall Harriers RC	26.2miles	
27 Bicton Blister	Bicton, East Devon	Exmouth Harriers	4.5 or 10 miles	MT
26 Roller Coaster	Tamar Trails	Run Venture	5 miles	XC
<u>Dec-17</u>				
9 Cockington Caper		Barnabus Sports Trust	8 miles	MT
26 Jingle Bell Jog	Burrator		4 miles	



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highlighted events also feature on the Armada GrandPrix

Rules:

- 1) The Grand Prix series is open to all runners who are fully paid up members of the Bere Alston Trekkers.
- 2) To qualify for an award runners must compete in the minimum numbers of races determined for a specific trophy.
- 3) All runners must notify Pam Adams if they are entering a race in the series.
- 4) Grand Prix runners must wear the club vest.
- 5) All races must be completed to qualify. All runners who enter a Grand Prix race do so at their own risk.
- 6) All races (except for the "wildcard" note 7 and 5K combination note 8) MUST be from the Grand Prix list, which is made up of over 40 races!!
- 7) For Silver, Gold and Platinum awards an EA / ARC recognised / registered event of 10K or more not on the Grandprix list can be included as a "wildcard".
- 8) A combination of any three 5k events from a list to comprise any ParkRun (<http://www.parkrun.org.uk/>), BATs 5k end of month time trial, TAC's monthly 5KooLRuN and Armada Athletics 5k Summer Series can be counted as a single GrandPrix event.
- 9) Awards will be presented as follows:
 - Bronze - 4 races including one 10K distance or further
 - Silver - 8 races including one race 10K distance or further
 - Gold - 12 races including one half-marathon distance or further
 - Platinum - 16 races including one marathon distance or further