



Bere Alston Trekkers Running Club

GrandPrix 2018

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.

<u>Jan-18</u>				
1 Brown Willy	Jamaica Inn, Bolventor		7 miles	CX
7 January Jaunt	Plympton		10K	MT
21 Storm Force 10	Cambourne		10 miles	
<u>Feb-18</u>				
18 Cornwall Fire & Rescue Half Marathon	Lanhydrock, Cornwall		13.1 miles	MT
25 Looe 10	Looe		10 miles	MT
<u>Mar-18</u>				
11 Bideford 1/2	Bideford		13.1 miles	
18 Tavy 13	Tavistock	Tavistock Athletic Club	13.1 miles	
18 Mad March Hare 10k	Plympton	Plymouth Rotary	10k	
<u>Apr-18</u>				
15 5 Tors Moorland Run	Liskeard	East Cornwall Harriers RC	8 miles	XC
<u>May-18</u>				
12 Ivybridge 10k	Ivybridge	Erme Valley	10k	
26 Bere Pen 10k	Bere Alston	Bere Alston Trekkers	10k	
<u>Jun-18</u>				
3 Burrator 10K	Burrator		10K	MT
9 Buckland Bounder	Buckland Monachorum		10K	MT
10 Plym Valley Challenge	Estover, Plymouth	Instinctive Sports	8 miles	MT
24 Torbay 1/2	Torbay		13.1 miles	
30 Muskie Madness	Plymouth	Plymouth Musketeers	10K	MT
<u>Jul-18</u>				
14 Muddy Duck Run / Duckponds	Orseton, Plymstock	Plymstock Road Runners	10k	MT
21 The Magnificent Seven	Saltash	Tamar Trotters	7 miles	
29 6 Moor Miles	Yelverton	Plymouth Harriers	6.5 miles	XC
<u>Aug-18</u>				
1 Totnes 10k	Totnes		10K	
11 Roseland August Trail (RAT)	Nr. St. Austell	Mud Crew	64, 32, 20 or 11 miles	MT
Peter Tavy Plod	Peter Tavy		5 miles	MT



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<u>Sep-18</u>				
2 Treggy 7	Launceston	Launceston Road Runners	7 miles	
9 Armada Autumn Trail	Newnham Park, Plympton	Armada Athletics Network	7 miles	MT
<u>Oct-18</u>				
11 Poppy Run	Yelverton		11.1 miles	MT
28 Tavy 7	Plaster Down	Tavistock Athletic Club	7 miles	
28 Dartmoor Vale	Newton Abbott		10K, 13.1 or 26.2 miles	
<u>Nov-18</u>				
4 Bideford 10K	Bideford		10K	MT
11 Drogo 10	Castle Drogo		10 miles	
18 Storm	Plymouth		7miles	
25 Rollercoaster	Tamar Trails		5 miles	XC
<u>Dec-18</u>				
Cockington Caper		Barnabus Sports Trust	8 miles	MT
26 Jingle Bell Jog	Burrator		4 miles	

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 or t-shirt.
- 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.
- 7) 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 half marathon distance or further
 - Gold - 12 races including one marathon distance or further
 - Platinum - 16 races including one marathon distance or further