Bere Alston Trekkers Running Club

GrandPrix 2019

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-19				
1	Brown Willy	Jamaica Inn, Bolventor		7 miles	XC
6	January Jaunt	Plympton	Plymouth Rotary	10k	MT
20	Storm Force 10	Cambourne	Carn Runners	10 miles	
20	First Chance 10k	Exeter	South West Road Runners	10k	
	Feb-19				
17	Cornwall Fire & Rescue Haff Marathon	Lanhydrock, Cornwall	Bodmin Road Runners	13.1 miles	MT
23	Looe 10	Looe	Looe Pioneers	10 miles	MT
	Mar-19				
3	Bideford 1/2	Bideford	Bideford Aac	13.1 miles	
24	Tavy 13	Tavistock	Tavistock Athletic Club	13.1 miles	
TBC	Mad March Hare 10k	Plympton	Plymouth Rotary	10k	
	Apr-19				
14	Honiton Hippo	Honiton	Honiton Running Club	7 miles	MT
22	Tunnel 10 Run	Fowey	Fowey Gig Club	10k	
	May-19				
11	Ivybridge 10k	Ivybridge	Erme Valley	10k	
12	Bideford 10k	Bideford	Bideford AAC	10k	MT
19	Imerys	St Austell	St Austell Running Club	13.1 or 26.2 miles	MT
25	Bere Pen 10k	Bere Alston	Bere Alston Trekkers	10k	
	Jun-19				
8	Buckland Bounder	Buckland Monachorum		10k	MT
9	Saltash Half Marathon	Saltash	Tamar Trotters	13.1 miles	
TBC	Plym Valley Challenge	Estover, Plymouth	Instinctive Sports	8 miles	MT
TBC	Muskie Madness	Plymouth	Plymouth Musketeers	10k	MT
	Jul-19				
13	Muddy Duck Run / Duckponds	Orseton, Plymstock	Plymstock Road Runners	10k	MT
13	Haytor Heller	Bovey Tracy	Teignbridge Trotters	6 miles	XC
20	The Magnificent Seven	Saltash	Tamar Trotters	7 miles	
28	Stoke Gabriel Carnival 10k (ish)	Stoke Gabriel		10k	MT
	Aug-19				
4	Totnes 10k	Totnes	Teignbridge Trotters	10k	MT
4	Indian Queens Half Marathon	Indian Queens	Newquay Road Runners	13.1 miles	
14	Armada 5k	Saltram	Armada Athletics Network	5k	MT
26	Peter Tavy Plod	Peter Tavy		5 miles	MT

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	Sep-19				
1	Treggy 7	Launceston	Launceston Road Runners	7 miles	
21	Lanhydrock 10	Bodmin	Bodmin Road Runners for NT	10 miles	MT
TBC	Warhorse 10k	Iddesleigh	South Molton Strugglers	10k	
TBC	Armada Autumn Trail	Newnham Park, Plympton	Armada Athletics Network	7 miles	MT
	Oct-19				
13	Eden Marathon & Half Marathon	Eden Project	Eden Project	13.1 or 26.2 miles	MT
27	Tavy 7	Plaster Down	Tavistock Athletic Club	7 miles	
TBC	Dartmoor Vale	Newton Abbott	Sibelco	10k, 13.1 or 26.2 miles	
	Nov-19				
TBC	Drogo 10	Castle Drogo	South West Road Runners	10 miles	MT
13	Armada 3k	Central Park Plymouth	Armada Athletics Network	3k	
TBC	Lopwell Loop	Plymouth	Storm	7miles	
24	Rollercoaster	Tamar Trails	Runventure	5 miles	XC
	Dec-19				
8	Cockington Christmas Caper	Cockington	Barnabus Sports Trust	8 miles	MT
26	Jingle Bell Jog	Burrator	Armada Athletics Network	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) Grand Prix runners must wear the club vest or t-shirt.
4) All races must be completed to qualify. All runners who enter a Grand Prix race do so at their own risk.
5) All races (except for the "wildcard" note 7 and 5K combination note 8) MUST be from the Grand Prix list.
6) An EA / ARC recoginsed / registered event of 10K or more not on the Grandprix list can be included as a "wildcard".
7) 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 Tavy5 / 5KooLRuN and Armada Athletics 5k Summer Series can be counted as a single GrandPrix event.
8) 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

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