

Sportlink Running & Fitness Suffolk Grand Prix 2018 Rules

General Rules

1. Suffolk County Athletics Association (SCAA) will allocate points to all eligible runners and teams based on the race results as provided to them by the race organisers.
2. Competitor's are responsible for checking the accuracy of their own result and personal information in the race results e.g., time, position, gender, age category and club.
3. Any errors should be notified to the race organisers within 5 days of the event.
4. Race organisers must send results (MUST be in Excel format) to SCAA as soon as possible after the 5 day cut-off.
5. The results must include the following pieces of competitor information:
 - Name
 - Gender
 - Date of Birth
 - Affiliated Club
 - Finish Position
 - Finish Time
6. SCAA will begin calculation of GP points once this information is received. No further amendments can be made after this point, as to do so would involve considerable amounts of additional volunteer time.
7. Age categories:
F35, F40, F45, F50, F55, F60, F65+
M40, M45, M50, M55, M60, M65, M70+

Individual Scoring

1. Competitor's must be members of a SCAA affiliated club.
2. For the purposes of calculating GP points, age category will be determined by the competitor's age on the date of the first GP race in the series. Competitor's will remain in this age category for the duration of the series.
3. Age category scores start from 500 for being 1st in age category, reducing by 1 for each place behind first.
4. The best 5 scores (out of a possible 7 races) will count towards the final score. No minimum number of races is needed.

Team Scoring

1. Must be a SCAA affiliated club.
2. Scoring starts at 500 for both Men's and Ladies, reducing by 1 for each place behind first.
3. Top 5 men and 5 ladies from each club will score. No minimum number of runners is needed.
4. The best 8 scores (out of a possible 10 races) will count towards the final score. This is so that clubs hosting an event aren't disadvantaged. No minimum number of races is needed.