

# SCORING SYSTEM GRAND PRIX 2012

		MENS STANDARD				WOMANS STANDARD			
AGE	DISTANCE		GOLD	SILVER	BRONZE		GOLD	SILVER	BRONZE
Under 35	10k						40mins	43mins	47mins
Over 35	10k						42mins	45mins	49mins
Under 40	10k		36mins	40mins	45mins				
Over 40	10k		38mins	42mins	47mins		44mins	47mins	51mins
Over 45	10k		40mins	44mins	49mins		46mins	49mins	53mins
Over 50	10k		42mins	46mins	51mins		48mins	51mins	55mins
Over 55	10k		44mins	48mins	53mins		50mins	53mins	57mins
Over 60	10k		46mins	50mins	55mins		52mins	55mins	59mins
Over 65	10k		48mins	52mins	57mins		54mins	57mins	1hr 1
Under 35	10 miles						1hr 9	1hr 13	1hr 20
Over 35	10 miles						1hr 11	1hr 15	1hr 22
Under 40	10 miles		1hr 2	1hr 7	1hr 15				
Over 40	10 miles		1hr 4	1hr 9	1hr 17		1hr 13	1hr 17	1hr 24
Over 45	10 miles		1hr 6	1hr 11	1hr 19		1hr 15	1hr 19	1hr 26
Over 50	10 miles		1hr 8	1hr 13	1hr 21		1hr 17	1hr 21	1hr 28
Over 55	10 miles		1hr 10	1hr 15	1hr 23		1hr 19	1hr 23	1hr 30
Over 60	10 miles		1hr 12	1hr 17	1hr 25		1hr 21	1hr 25	1hr 32
Over 65	10 miles		1hr 14	1hr 19	1hr 27		1hr 23	1hr 27	1hr 34
Under 35	½ marathon						1hr 28	1hr 33	1hr 42
Over 35	½ marathon						1hr 32	1hr 37	1hr 46
Under 40	½ marathon		1hr 20	1hr 24	1hr 33				
Over 40	½ marathon		1hr 24	1hr 28	1hr 37		1hr 36	1hr 41	1hr 50
Over 45	½ marathon		1hr 28	1hr 32	1hr 41		1hr 40	1hr 45	1hr 54
Over 50	½ marathon		1hr 32	1hr 36	1hr 45		1hr 44	1hr 49	1hr 58
Over 55	½ marathon		1hr 36	1hr 40	1hr 49		1hr 48	1hr 53	2hr 2
Over 60	½ marathon		1hr 40	1hr 44	1hr 53		1hr 52	1hr 57	2hr 6
Over 65	½ marathon		1hr 44	1hr 48	1hr 57		1hr 56	2hr 1	2hr 10

Any runner finishing a nominated run will receive 5 points.

Target points are as follows:

**Gold 20**

**Silver 15**

**Bronze 10**

**5 points for any runner finishing the Streetlight, Bridge run or Inter-club relays.**

**All runners must wear a club vest for the relays and grand prix events.**

Jack and Sue will keep you updated throughout the year and the winner will be announced probably on the 19<sup>th</sup> Dec.

**Good Luck Everyone!**