



# FRC Grand Prix Rules

## Qualifying Events

- **13 Races**, equally divided across the distances to attain the best overall runner.
    - Your **best Six performances** will be scored from the following races 13 races:
  - **Two Volunteer Events** for added bonus points
    - Saltwood Boxing Day Run (Approx. 3m); December 26<sup>th</sup>
    - Canterbury 10m; January
    - Ashford & District 10k; February
    - Folkestone 10k; May
    - New Romney 10k; July
    - Summer Handicap (approx. 4m); July
    - Don Thompson Mile; August
    - Folkestone Half Marathon; September
    - Givaudan 10k; October
    - Deal 5m; November
    - Folkestone Parkrun (best of the year)\*
    - Half Marathon (best of the year)\*
    - Marathon (best of the year)\*
    - Volunteer Event #1 – Folkestone 10m
    - Volunteer Event #2 – Hythe Round the Houses
- \* January 1<sup>st</sup> – December 1<sup>st</sup>
- Runners completing less than six races will still be eligible to have their total scores counted in the Grand Prix, any remaining races will be scored as zero points.

## Scoring Points

- Your best Six performances will be scored from the 13 qualifying races + 2 volunteer events noted under Qualifying Events (Max. 370 points).
- The first runner to cross the line in each division will score 50 points, top three will reduce by 5 points and each subsequent position will reduce by 1 point.  
Example:
  - 1<sup>st</sup> – 50 pts
  - 2<sup>nd</sup> – 45 pts
  - 3<sup>rd</sup> – 40 pts
  - 4<sup>th</sup> – 39 pts
  - 5<sup>th</sup> – 38 pts (37 pts, 36 pts and so on)

Note: Zero is the minimum score that can be achieved during a Grand Prix Race.
- Volunteer Events. There are two volunteer events that are critical in sustaining the future of FRC. Namely Folkestone 10m and Hythe Round the Houses.
  - Volunteers will each be awarded a bonus - 10 points
  - Volunteers must be on the Chair's Volunteer list. Please note that being selected by the team captains to race the Folkestone 10m constitutes to volunteering, but racing the Hythe Round the Houses without volunteering on the day does not.
    - Folkestone 10m is our main event of the year, should you run without being selected by the team Captain and without prior approval from the Chair, at the sole discretion of the committee, a penalty may be awarded.
- Runners are reminded that, for the purpose of Grand Prix scoring, if a race is being 'chip timed' it is the order in which runners cross the finish line and not the chip time (apart from the best Half / Marathon).
- To score points in a Grand Prix event, you must be a current Folkestone RC member in good standing, dues paid for the current season and your name listed in the club membership database.

## **Tie Breaker**

- In the event of a year-end point total tie, we will revert to the seventh best Grand Prix score. Then eighth, ninth, tenth and so on if necessary. If there is still a tie, we will conclude on a head-to-head basis.

## **Promotion / Relegation;**

- Top two individuals in each division will be promoted, whilst the bottom two in each division will be relegated. With the exception of Division 5 & 6, where four will be relegated from Division 5 and four promoted from Division 6.

Note: Should an individual leave the club mid-season, for the purpose of standings, they will be removed from the Division and the next person will be promoted / relegated accordingly. Please note that their existing results, whilst a member will remain.

- The FRC Grand Prix Committee reserves the right to re-structure participants in divisions pre-season to ensure each division remains competitive, whilst also maintaining a minimum of 7 participants in each division.

## **Race Rules**

- Members of Folkestone Running Club are required to wear club vests in all Grand Prix races (apart from the Parkrun) and are also required to comply with all 'local race rules' set by the organiser of each event.
  - Please note that the race rules will often include minimum age limits, which may result in some of the members being unable to participate in all of the events listed.
  - Members should also be aware that it is a UKA rule (for very good reasons, e.g. in case of accident or injury) that we must run only in our own name, and this rule also applies to the club Grand Prix. It is legitimate to swap names in advance if the organiser approves and also changes the name appearing in the results. For clarity, this rule will continue to be applied on the straightforward basis that for a result to count, it has to appear in the official results against the name of the person who actually ran.
- Members are also expected to comply with good etiquette at all times and specifically must comply with all instructions from race organisers and marshals, must do nothing to adversely affect the good name of Folkestone Running Club and should do nothing to either favour or adversely affect the performance of other Grand Prix competitors during races.

## **New Members**

- New members are eligible to compete in the Grand Prix in their debut season, entry request to join the Grand Prix must be received in advance of the fourth race of the Grand Prix season.

Note: FRC Grand Prix Committee have full discretion on which division is to be allocated to new members. In order to maintain competitive divisions, the Division allocated will be re-evaluated after the first two Grand Prix races competed.

## **Second Claim Members**

- Second Claim members are eligible to compete and score within their respective Grand Prix division, providing the rules above are adhered to.
- Second claim members participating in the Grand Prix must register the race as a Folkestone RC runner and also wear an FRC vest for all Grand Prix races in order to score points.  
Note: Any second claim members who do not appear on the results as Folkestone RC will not score any points in that particular Grand Prix race.

## Appeal Period

- A ten-day appeal period begins after a Grand Prix point standings update is posted. Point distribution for each event cannot be contested after the appeal period expires. (Report errors promptly!)

## General

- Individuals who fail to comply with the above requirements may be subject to disqualification from the Grand Prix race in question and if deemed appropriate, at the discretion of the Grand Prix Committee, disqualification from the Grand Prix itself.
  - For clarity, if it is necessary to disqualify a member from a Grand Prix event, all other competitors in that division will then move up one place.
- Further information on race dates will be publicised as and when known. In the event of any of the announced races being either cancelled or clashing with another race on the list, the FRC Grand Prix Committee reserves the right to select an alternative race where practical and both time and the calendar permitting.
- Members should note that once the meeting to decide the divisions has been held, November 10<sup>th</sup>, absolutely no late entries will be accepted from existing members. Doing so will cause leagues to become skewed with consequential adverse feedback from competitors. The only circumstance in which late entries will be considered is for new members joining the club, although no guarantee is given that such entries will definitely be accepted. After the fourth race has taken place, no further entries from new members will be considered.

Note: For clarification, any Grand Prix races completed prior to joining Folkestone Running Club will be rendered void for the purpose of the Grand Prix, so not to conflict with any published results.