

Sussex Grand Prix Calendar 2019

This is a competition between Sussex Clubs for points gained in the challenging races listed below. All members entering the races get points awarded to the club so it's not just the winners that score points. To be eligible for prizes you must score in at least 6 races (if you score in more than 6 then your best 6 scores will count). Give it a go and help us win the title!

Note: These dates are subject to change. Check the website www.sussexgrandprix.co.uk first.

	Race	Date
1.	24 th March	Hastings Half
2.	12 th May	Hastings 5 mile
3.	26 th May	Rye 10 mile
4.	2 nd June	Horsham 10k
5.	23 rd June	Heathfield 10k (tbc)
6.	7 th July	Bewl 15 mile
7.	10 th July (Wednesday)	Phoenix 10k
8.	TBA	TBA
9.	8 th September	Hellingly 10k
10.	6 th October	Lewes Downland 10 mile
11.	20 th October	Hove Prom 10k
12.	24 th November	Crowborough 10k (tbc)

Changes

At the 2017 Annual General Meeting discussion centred on improvements to the Sussex Grand Prix. Specifically making it more inclusive, fair, and engaging. Consequently, the following changes have been made:-

- The decision was taken to cut the number of races in any given year from 17 to 10.
- The decision was taken to cut the number of scoring races in any given year from 8 to 6
- There is no requirement to include long runs (10miles+) within those 6.
- Points allocation remains the same: 1st-500, 2nd-499, etc.
- Genders scored separately.
- Clubs will be scored on their best 9 races from 10. This is so that small clubs are not penalised at their own races when many club members are often assisting with marshalling duties.
- Team leagues will now be compiled on a race-by-race basis, with points awarded for each clubs' performance at every race. Points will be carried forward to the next race, producing an ongoing total throughout the year.
- For more information on the changes see the website www.sussexgrandprix.co.uk