**TAC Age Graded Summer series Park Run Grand Prix**

Below are the qualifying races for the TAC Summer park run grand prix.

The format is the same, your 4 best race scores will count, you can run in as many as you want. A score is your position once the results have been sorted by age grade relative to other TAC runners in the event. If 17 TAC members run, then the highest age graded scorer will score 17 points, second 16 points and so on. All members taking part will score at least 1 point. First place will score a minimum of 10 points, even if less than 10 TAC members take part.

In the event of a tie at the end of the 10 events, the winners will have their 5th highest score added to their total (and 6th if required etc etc)

Please make sure that you are registered with <http://www.parkrun.org.uk/> and that you indicate that you are a member of Tonbridge AC.

I have included 2 races at Tunbridge Wells and one at Lullingstone (cross country), both hilly courses for those that prefer a challenge.

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| Sat | 2nd May | Tonbridge |
| Sat | 9th May | T Wells |
| Sat | 6th June | Tonbridge |
| Sat | 27th June | Lullingstone |
| Sat | 10th July | Tonbridge |
| Sat | 25th July | Tonbridge |
| Sat | 1st Aug | Tonbridge |
| Sat | 7th Aug | T Wells |
| Sat | 22nd Aug | Tonbridge |
| Sat | 4th Sept | Tonbridge |

Any queries please contact mark@pkfamily.plus.com