**2016-2017 TAC Winter Park Run Age graded Grand Prix**

Below are the qualifying dates for the winter series.

The only significant change in the rules is that each athlete can only claim one PB 5 point bonus.

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) and comparison made until a difference is revealed.

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, as you will only be included if you have this next to your name in the results. If you need to add your TAC membership to your Park run details use the link in your weekly email to make the change.

All qualifying runs at Tonbridge Park Run

Any queries contact mark@pkfamily.plus.com

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| --- | --- | --- |
| Saturday | 22nd Oct | Tonbridge |
| Saturday | 19th Nov | Tonbridge |
| Saturday | 3rd Dec | Tonbridge |
| Sunday | 1st Jan | Tonbridge\* |
| Saturday | 14th Jan | Tonbridge |
| Saturday | 4th Feb | Tonbridge |
| Saturday | 18th Feb | Tonbridge |
| Saturday | 4th Mar | Tonbridge |
| Saturday | 1st Apr | Tonbridge |
| Saturday | 15th Apr | Tonbridge |

\*Will confirm nearer the time when we know where New Years day Park run are being held.