**TAC Age Graded Summer series Park Run Grand Prix 2016**

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.

A bonus of 5 points will be awarded if you run a “NEW PB” time (not age grade)

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.

All qualifying runs at Tonbridge Park Run

|  |  |  |
| --- | --- | --- |
| Sat | 30th April | Tonbridge |
| Sat | 7th May | Tonbridge |
| Sat | 28th May | Tonbridge |
| Sat | 18th June | Tonbridge |
| Sat | 25th June | Tonbridge |
| Sat | 16th July | Tonbridge |
| Sat | 6th Aug | Tonbridge |
| Sat | 27th Aug | Tonbridge |
| Sat | 10th Sept | Tonbridge |

Previous Winners

Dan Bradley Summer 14

Andrew Mercer Winter 14/15

Andrew Mercer Summer 15

Sophie Slack Winter 15/16

Any queries please contact [mark@pkfamily.plus.com](mailto:mark@pkfamily.plus.com)