

How it works.....

There are 10 pre-nominated races, of which you must run AT LEAST 6 to qualify for the final placings

Alternatively, 5 Grand Prix events plus any verified marathon counts, with all marathon times being ranked fastest to slowest. Only marathons run between the dates of the first and last Grand Prix events will qualify

If you run more than 6 events, then your highest scoring 6 races count, so an incentive to run more than 6 and drop your worst results

For both the men's and women's competition, the 1st DRR home gets 75 points, 2nd home gets 74 points, 3rd home gets 73 points etc.

Only members who have paid their 2023 subs before 18th March qualify. After 18th March you can only score points in races run after you have joined the club.

If level on points at the end, then decider will be who has the best head-to-head record, ie runner A beat Runner B 3times whilst Runner B only beat Runner A once, then Runner A wins
If still level then prize is shared

There are prizes for the top 3 male and female finishers over the series and there will a momento for everyone who manages to complete the challenge.

There are also prizes for finishing first in an age category, with your category being the one which you were in on the date of the first Grand Prix race of the year.