

HALESOWEN AC GRAND PRIX

This year's competition follows the same format as in previous years and is based on your performances against some set standards.

These standards can be found on the attached pages. They are different for both Men and Women, and as you can see, the standards vary depending upon your age.

There are two Awards – an Overall Standards Award and a Points Award.

How the Competition Works

The Standards are split in three categories of distance, and there are 7 distances in total:-

Short	3k and 5k
Medium	5 mile and 10k (inc Midweek 10k Series – adjustments made based on actual distance)
Long	10 mile, Half Marathon and Marathon

The relays at Sutton Park also count, adjusted to their actual distance.

For each distance, you will see a standard for that distance based on your age.

The Standards range from Grade 1 up to 5 Star. There are 7 standards in total.

The competition runs from January 1st until 30th November.

To qualify for an award/ prize, which will be given out at the Christmas Team Meeting in December, you must achieve the following:-

Overall Standards Award

- Your overall standard is determined by you achieving the minimum standard in one distance from each of the categories (short, medium and long) as identified in the Standards Tables which are attached.
- This means that if for example you achieve 1 Star Standard over 5k (Short Category), 2 Star Standard over 10k (Medium Category) and 3 Star Standard over 10 miles (Long Category) your overall award that you will be presented with will be 1 Star, as you did not achieve 2 or 3 Star Standard at 5k, or 3 Star Standard at 10k.
- In other words, your Overall Standard is based on your **minimum** performance over the three categories, not your **best** performance.
- Remember, you have to achieve a standard from each of the categories of distance.
- You can enter as many races as you want and there are no prescribed events that you must enter. However, races must be recognized ones and ones where the distance has been officially measured.
- Fun Runs that are often attached to longer events do not qualify as it is often the case that the distances for such events are not accurately measured and have not been given the relevant permits

Points Award

As well as the Overall Standards Award, there will also be a Points Award, based on the Standard you achieve, with bonus points based on your best Standard.

The points awards system is designed to recognise an athlete who will have excelled over a certain distance within a category compared to an athlete who has been consistent over all three categories.

Standard	Points	Bonus points (based on best Standard)
5 Star	7	7
4 Star	6	6
3 Star	5	5
2 Star	4	4
1 Star	3	3
Grade 2	2	2
Grade 1	1	1

See example below:-

Athlete 1

Category	Standard Achieved	Points
Short	2	4
Medium	2	4
Long	2	4
		4
		16

Bonus (based on best Standard Achieved)
TOTAL

Athlete 2

Category	Standard Achieved	Points
Short	3	5
Medium	2	4
Long	1	3
		5
		17

Bonus (based on best Standard Achieved)
TOTAL

In this example Athlete 1 would have an Overall Standard of 2 Stars, and 16 points and Athlete 2 would have an Overall Standard of 1 Star and 17 points

General

- **YOU MUST DECLARE YOUR ACHIEVEMENT WITHIN TWO WEEKS OF THE EVENT**
- Results to be notified via email to me – haccgrandprix@yahoo.co.uk with a link to a website to validate the result (with exception of track races if not available), using the attached form, or leave form behind bar in clubhouse, or telephone me on 07538 289311.
- You can enter as many races as you want over the year but it's the best results you achieve that are compared against the standards table and the points table – in other words, more races entered doesn't mean more points as its your best performances over the year that count
- Your age category is that on the day of the race
- The competition runs from January 1st until 30th November
- Overall Standards Awards will be presented at the Christmas Team Meeting in December (exact date to be confirmed)
- Points Awards Competition will also be presented at the same time, based on the top 4 places. In the event of a tie, positions will be decided by looking at an athletes best standard achieved and the time (as a percentage) within that standard

MENS STANDARDS - PACE IS SHOWN AS MINUTES PER MILE

Short																
3k	Open	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace	65+	Pace	70+	Pace
5 Star	00:09:04	04:52	00:09:29	05:05	00:09:54	05:18	00:10:20	05:32	00:10:53	05:50	00:11:27	06:08	00:12:00	06:26	00:12:42	06:49
4 Star	00:09:38	05:10	00:10:03	05:23	00:10:28	05:37	00:10:53	05:50	00:11:27	06:08	00:12:00	06:26	00:12:42	06:49	00:13:32	07:15
3 Star	00:10:20	05:32	00:10:36	05:41	00:11:10	05:59	00:11:35	06:13	00:12:17	06:35	00:13:07	07:02	00:13:49	07:25	00:14:31	07:47
2 Star	00:11:10	05:59	00:11:35	06:13	00:12:08	06:30	00:12:42	06:49	00:13:24	07:11	00:14:06	07:34	00:14:48	07:56	00:15:38	08:23
1 Star	00:11:59	06:26	00:12:26	06:40	00:13:02	06:59	00:13:38	07:19	00:14:23	07:43	00:15:08	08:07	00:15:53	08:31	00:16:47	09:00
Grade 2	00:12:52	06:54	00:13:21	07:09	00:13:59	07:30	00:14:38	07:51	00:15:27	08:17	00:16:15	08:43	00:17:03	09:09	00:18:01	09:40
Grade 1	00:13:49	07:24	00:14:20	07:41	00:15:01	08:03	00:15:43	08:25	00:16:35	08:53	00:17:27	09:21	00:18:19	09:49	00:19:20	10:22

5k	Open	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace	65+	Pace	70+	Pace
5 Star	00:15:35	05:01	00:16:18	05:15	00:17:02	05:29	00:17:45	05:43	00:18:42	06:01	00:19:40	06:20	00:20:37	06:38	00:21:49	07:01
4 Star	00:16:33	05:19	00:17:16	05:33	00:17:59	05:47	00:18:42	06:01	00:19:40	06:20	00:20:37	06:38	00:21:49	07:01	00:23:16	07:29
3 Star	00:17:45	05:43	00:18:14	05:52	00:19:11	06:10	00:19:54	06:24	00:21:06	06:47	00:22:33	07:15	00:23:45	07:38	00:24:56	08:01
2 Star	00:19:11	06:10	00:19:54	06:24	00:20:52	06:43	00:21:49	07:01	00:23:01	07:24	00:24:13	07:48	00:25:25	08:11	00:26:52	08:39
1 Star	00:20:36	06:38	00:21:22	06:52	00:22:24	07:12	00:23:25	07:32	00:24:43	07:57	00:26:00	08:22	00:27:17	08:47	00:28:50	09:17
Grade 2	00:22:06	07:07	00:22:56	07:23	00:24:03	07:44	00:25:08	08:05	00:26:31	08:32	00:27:54	08:59	00:29:17	09:25	00:30:58	09:58
Grade 1	00:23:44	07:38	00:24:37	07:55	00:25:49	08:18	00:26:59	08:41	00:28:28	09:10	00:29:58	09:38	00:31:27	10:07	00:33:14	10:42

Medium																
5 miles	Open	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace	65+	Pace	70+	Pace
5 Star	00:26:09	05:14	00:27:21	05:28	00:28:34	05:43	00:29:46	05:57	00:31:23	06:17	00:32:59	06:36	00:34:36	06:55	00:36:37	07:19
4 Star	00:27:46	05:33	00:28:58	05:48	00:30:10	06:02	00:31:23	06:17	00:32:59	06:36	00:34:36	06:55	00:36:37	07:19	00:39:01	07:48
3 Star	00:29:46	05:57	00:30:35	06:07	00:32:11	06:26	00:33:24	06:41	00:35:24	07:05	00:37:49	07:34	00:39:50	07:58	00:41:50	08:22
2 Star	00:32:11	06:26	00:33:24	06:41	00:35:00	07:00	00:36:37	07:19	00:38:37	07:43	00:40:38	08:08	00:42:39	08:32	00:45:04	09:01
1 Star	00:34:33	06:55	00:35:51	07:10	00:37:34	07:31	00:39:18	07:52	00:41:28	08:18	00:43:37	08:43	00:45:47	09:09	00:48:22	09:40
Grade 2	00:37:05	07:25	00:38:29	07:42	00:40:20	08:04	00:42:11	08:26	00:44:31	08:54	00:46:50	09:22	00:49:09	09:50	00:51:56	10:23
Grade 1	00:39:49	07:58	00:41:19	08:16	00:43:18	08:40	00:45:17	09:03	00:47:47	09:33	00:50:16	10:03	00:52:45	10:33	00:55:45	11:09

10k	Open	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace	65+	Pace	70+	Pace
5 Star	00:32:30	05:14	00:34:00	05:28	00:35:30	05:43	00:37:00	05:57	00:39:00	06:17	00:41:00	06:36	00:43:00	06:55	00:45:30	07:19
4 Star	00:34:30	05:33	00:36:00	05:48	00:37:30	06:02	00:39:00	06:17	00:41:00	06:36	00:43:00	06:55	00:45:30	07:19	00:48:30	07:48
3 Star	00:37:00	05:57	00:38:00	06:07	00:40:00	06:26	00:41:30	06:41	00:44:00	07:05	00:47:00	07:34	00:49:30	07:58	00:52:00	08:22
2 Star	00:40:00	06:26	00:41:30	06:41	00:43:30	07:00	00:45:30	07:19	00:48:00	07:43	00:50:30	08:08	00:53:00	08:32	00:56:00	09:01
1 Star	00:42:56	06:55	00:44:33	07:10	00:46:42	07:31	00:48:51	07:52	00:51:32	08:17	00:54:13	08:43	00:56:54	09:09	01:00:07	09:40
Grade 2	00:46:06	07:25	00:47:49	07:42	00:50:08	08:04	00:52:26	08:26	00:55:19	08:54	00:58:12	09:22	01:01:05	09:50	01:04:32	10:23
Grade 1	00:49:29	07:58	00:51:20	08:16	00:53:49	08:40	00:56:17	09:03	00:59:23	09:33	01:02:28	10:03	01:05:34	10:33	01:09:17	11:09

Long																
10m	Open	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace	65+	Pace	70+	Pace
5 Star	00:53:00	05:18	00:55:30	05:33	00:57:30	05:45	01:01:00	06:06	01:03:30	06:21	01:07:00	06:42	01:10:30	07:03	01:14:30	07:27
4 Star	00:57:00	05:42	00:59:00	05:54	01:01:30	06:09	01:05:30	06:33	01:08:00	06:48	01:12:00	07:12	01:15:30	07:33	01:20:00	08:00
3 Star	01:01:00	06:06	01:03:00	06:18	01:06:30	06:39	01:10:00	07:00	01:13:00	07:18	01:17:00	07:42	01:21:00	08:06	01:26:00	08:36
2 Star	01:06:00	06:36	01:08:00	06:48	01:11:30	07:09	01:15:30	07:33	01:19:00	07:54	01:23:30	08:21	01:27:30	08:45	01:33:00	09:18
1 Star	01:10:51	07:05	01:13:00	07:18	01:16:45	07:41	01:21:03	08:06	01:24:48	08:29	01:29:38	08:58	01:33:56	09:24	01:39:50	09:59
Grade 2	01:16:04	07:36	01:18:22	07:50	01:22:24	08:14	01:27:00	08:42	01:31:02	09:06	01:36:14	09:37	01:40:50	10:05	01:47:10	10:43
Grade 1	01:21:39	08:10	01:24:07	08:25	01:28:27	08:51	01:33:24	09:20	01:37:44	09:46	01:43:18	10:20	01:48:15	10:49	01:55:03	11:30

Half	Open	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace	65+	Pace	70+	Pace
5 Star	01:11:00	05:25	01:14:00	05:39	01:17:00	05:52	01:21:00	06:11	01:25:00	06:29	01:29:00	06:47	01:33:00	07:06	01:39:00	07:33
4 Star	01:17:00	05:52	01:20:00	06:06	01:23:00	06:20	01:27:00	06:38	01:31:00	06:56	01:35:00	07:15	01:40:00	07:38	01:47:00	08:10
3 Star	01:23:00	06:20	01:26:00	06:34	01:30:00	06:52	01:34:00	07:10	01:38:00	07:28	01:43:00	07:51	01:48:00	08:14	01:55:00	08:46
2 Star	01:30:00	06:52	01:34:00	07:10	01:38:00	07:28	01:42:00	07:47	01:47:00	08:10	01:52:00	08:33	01:58:00	09:00	02:05:00	09:32
1 Star	01:36:37	07:22	01:40:55	07:42	01:45:12	08:01	01:49:30	08:21	01:54:52	08:46	02:00:14	09:10	02:06:40	09:40	02:14:11	10:14
Grade 2	01:43:43	07:55	01:48:20	08:16	01:52:56	08:37	01:57:33	08:58	02:03:18	09:24	02:09:04	09:51	02:15:59	10:22	02:24:03	10:59
Grade 1	01:51:20	08:29	01:56:17	08:52	02:01:14	09:15	02:06:11	09:37	02:12:22	10:06	02:18:33	10:34	02:25:59	11:08	02:34:38	11:48

Marathon	Open	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace	65+	Pace	70+	Pace
5 Star	02:35:00	05:55	02:39:00	06:04	02:45:00	06:18	02:52:00	06:34	03:00:00	06:52	03:09:00	07:12	03:18:00	07:33	03:29:00	07:58
4 Star	02:50:00	06:29	02:55:00	06:40	03:01:00	06:54	03:08:00	07:10	03:17:00	07:31	03:27:00	07:54	03:37:00	08:16	03:50:00	08:46
3 Star	03:05:00	07:03	03:10:00	07:15	03:17:00	07:31	03:25:00	07:49	03:35:00	08:12	03:45:00	08:35	03:53:00	08:53	04:10:00	09:32
2 Star	03:17:00	07:31	03:23:00	07:44	03:30:00	08:00	03:39:00	08:21	03:49:00	08:44	04:00:00	09:09	04:12:00	09:37	04:26:00	10:09
1 Star	03:31:29	08:04	03:37:55	08:19	03:45:26	08:36	03:55:06	08:58	04:05:50	09:22	04:17:38	09:49	04:30:31	10:19	04:45:33	10:53
Grade 2	03:47:01	08:39	03:53:56	08:55	04:02:00	09:14	04:12:23	09:37	04:23:54	10:04	04:36:35	10:33	0			

WOMENS STANDARDS - PACE IS SHOWN AS MINUTES PER MILE

Short														
3k	Open	Pace	35+	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace
5 Star	00:10:28	05:37	00:10:45	05:46	00:11:10	05:59	00:11:52	06:22	00:12:34	06:44	00:13:07	07:02	00:13:57	07:29
4 Star	00:11:01	05:54	00:11:18	06:04	00:11:52	06:22	00:12:34	06:44	00:13:15	07:06	00:13:57	07:29	00:14:48	07:56
3 Star	00:11:52	06:22	00:12:08	06:30	00:12:42	06:49	00:13:24	07:11	00:14:14	07:38	00:15:04	08:05	00:15:54	08:32
2 Star	00:12:42	06:49	00:12:59	06:58	00:13:32	07:15	00:14:14	07:38	00:14:56	08:00	00:16:03	08:36	00:17:01	09:07
1 Star	00:13:38	07:19	00:13:56	07:28	00:14:32	07:47	00:15:17	08:12	00:16:02	08:36	00:17:14	09:14	00:18:16	09:48
Grade 2	00:14:38	07:51	00:14:58	08:01	00:15:36	08:22	00:16:24	08:48	00:17:13	09:14	00:18:30	09:55	00:19:37	10:31
Grade 1	00:15:43	08:25	00:16:04	08:37	00:16:45	08:59	00:17:36	09:26	00:18:28	09:54	00:19:51	10:39	00:21:03	11:17
5k	Open	Pace	35+	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace
5 Star	00:17:59	05:47	00:18:28	05:56	00:19:11	06:10	00:20:23	06:34	00:21:35	06:57	00:22:33	07:15	00:23:59	07:43
4 Star	00:18:57	06:06	00:19:26	06:15	00:20:23	06:34	00:21:35	06:57	00:22:47	07:20	00:23:59	07:43	00:25:25	08:11
3 Star	00:20:23	06:34	00:20:52	06:43	00:21:49	07:01	00:23:01	07:24	00:24:28	07:52	00:25:54	08:20	00:27:20	08:48
2 Star	00:21:49	07:01	00:22:18	07:11	00:23:16	07:29	00:24:28	07:52	00:25:40	08:15	00:27:35	08:52	00:29:15	09:25
1 Star	00:23:25	07:32	00:23:56	07:42	00:24:59	08:02	00:26:16	08:27	00:27:33	08:52	00:29:37	09:32	00:31:24	10:06
Grade 2	00:25:08	08:05	00:25:42	08:16	00:26:49	08:38	00:28:12	09:04	00:29:35	09:31	00:31:47	10:14	00:33:42	10:51
Grade 1	00:26:59	08:41	00:27:35	08:53	00:28:47	09:16	00:30:16	09:44	00:31:45	10:13	00:34:07	10:59	00:36:11	11:39
Medium														
5 Miles	Open	Pace	35+	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace
5 Star	00:30:10	06:02	00:30:59	06:12	0:32:11	06:26	00:34:12	06:50	00:36:13	07:15	00:37:49	07:34	00:40:14	08:03
4 Star	00:31:47	06:21	00:32:35	06:31	0:34:12	06:50	00:36:13	07:15	00:38:13	07:39	00:40:14	08:03	00:42:39	08:32
3 Star	00:34:12	06:50	00:35:00	07:00	0:36:37	07:19	00:38:37	07:43	00:41:02	08:12	00:43:27	08:41	00:45:52	09:10
2 Star	00:36:37	07:19	00:37:25	07:29	0:39:01	07:48	00:41:02	08:12	00:43:03	08:37	00:46:16	09:15	00:49:05	09:49
1 Star	00:39:18	07:52	00:40:10	08:02	0:41:54	08:23	00:44:03	08:49	00:46:13	09:15	00:49:40	09:56	00:52:41	10:32
Grade 2	00:42:11	08:26	00:43:07	08:37	0:44:58	09:00	00:47:17	09:27	00:49:37	09:55	00:53:19	10:40	00:56:34	11:19
Grade 1	00:45:17	09:03	00:46:17	09:15	0:48:17	09:39	00:50:46	10:09	00:53:15	10:39	00:57:14	11:27	01:00:43	12:09
10k	Open	Pace	35+	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace
5 Star	00:37:30	06:02	00:38:30	06:12	0:40:00	06:26	00:42:30	06:50	00:45:00	07:14	00:47:00	07:34	00:50:00	08:03
4 Star	00:39:30	06:21	00:40:30	06:31	0:42:30	06:50	00:45:00	07:14	00:47:30	07:39	00:50:00	08:03	00:53:00	08:32
3 Star	00:42:30	06:50	00:43:30	07:00	0:45:30	07:19	00:48:00	07:43	00:51:00	08:12	00:54:00	08:41	00:57:00	09:10
2 Star	00:45:30	07:19	00:46:30	07:29	0:48:30	07:48	00:51:00	08:12	00:53:30	08:36	00:57:30	09:15	01:01:00	09:49
1 Star	00:48:51	07:52	00:49:55	08:02	0:52:04	08:23	00:54:45	08:49	00:57:26	09:14	01:01:44	09:56	01:05:29	10:32
Grade 2	00:52:26	08:26	00:53:35	08:37	0:55:53	09:00	00:58:46	09:27	01:01:39	09:55	01:06:16	10:40	01:10:18	11:19
Grade 1	00:56:17	09:03	00:57:32	09:15	01:00:00	09:39	01:03:06	10:09	01:06:11	10:39	01:11:08	11:27	01:15:28	12:09
Long														
10m	Open	Pace	35+	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace
5 Star	01:01:00	06:06	01:03:00	06:18	01:06:30	06:39	01:10:00	07:00	01:13:30	07:21	01:17:00	07:42	01:21:00	08:06
4 Star	01:05:30	06:33	01:08:00	06:48	01:11:00	07:06	01:15:00	07:30	01:18:30	07:51	01:23:00	08:18	01:27:00	08:42
3 Star	01:11:00	07:06	01:13:00	07:18	01:17:00	07:42	01:20:30	08:03	01:24:00	08:24	01:28:30	08:51	01:32:30	09:15
2 Star	01:16:00	07:36	01:18:30	07:51	01:22:30	08:15	01:27:00	08:42	01:31:00	09:06	01:36:00	09:36	01:41:00	10:06
1 Star	01:21:35	08:10	01:24:16	08:26	01:28:34	08:51	01:33:24	09:20	01:37:41	09:46	01:43:03	10:18	01:48:25	10:51
Grade 2	01:27:35	08:45	01:30:28	09:03	01:35:04	09:30	01:40:16	10:02	01:44:52	10:29	01:50:38	11:04	01:56:24	11:38
Grade 1	01:34:01	09:24	01:37:07	09:43	01:42:04	10:12	01:47:38	10:46	01:52:35	11:15	01:58:46	11:53	02:04:57	12:30
Half	Open	Pace	35+	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace
5 Star	01:22:00	06:15	01:25:00	06:29	01:29:00	06:47	01:33:00	07:06	01:37:00	07:24	01:42:00	07:47	01:47:00	08:10
4 Star	01:29:00	06:47	01:33:00	07:06	01:37:00	07:24	01:41:00	07:42	01:46:00	08:05	01:51:00	08:28	01:56:00	08:51
3 Star	01:35:00	07:15	01:39:00	07:33	01:44:00	07:56	01:48:00	08:14	01:53:00	08:37	01:58:00	09:00	02:04:00	09:27
2 Star	01:44:00	07:56	01:49:00	08:19	01:54:00	08:42	01:59:00	09:05	02:04:00	09:27	02:10:00	09:55	02:16:00	10:22
1 Star	01:51:39	08:31	01:57:01	08:55	02:02:23	09:20	02:07:45	09:45	02:13:07	10:09	02:19:33	10:39	02:26:00	11:08
Grade 2	01:59:51	09:08	02:05:37	09:35	02:11:22	10:01	02:17:08	10:28	02:22:54	10:54	02:29:49	11:26	02:36:44	11:57
Grade 1	02:08:40	09:49	02:14:51	10:17	02:21:02	10:45	02:27:13	11:14	02:33:24	11:42	02:40:49	12:16	02:48:15	12:50
Marathon	Open	Pace	35+	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace
5 Star	02:58:00	06:47	03:03:00	06:59	03:10:00	07:15	03:17:00	07:31	03:27:00	07:54	03:36:00	08:14	03:46:00	08:37
4 Star	03:16:00	07:28	03:22:00	07:42	03:29:00	07:58	03:37:00	08:16	03:47:00	08:39	03:58:00	09:05	04:08:00	09:27
3 Star	03:33:00	08:07	03:39:00	08:21	03:47:00	08:39	03:56:00	09:00	03:56:00	09:00	04:19:00	09:53	04:30:00	10:18
2 Star	03:47:00	08:39	03:54:00	08:55	04:02:00	09:14	04:12:00	09:37	04:12:00	09:37	04:36:00	10:31	04:48:00	10:59
1 Star	04:03:41	09:18	04:11:12	09:35	04:19:47	09:54	04:30:31	10:19	04:30:31	10:19	04:56:17	11:18	05:09:10	11:47
Grade 2	04:21:36	09:59	04:29:40	10:17	04:38:53	10:38	04:50:24	11:04	04:50:24	11:04	05:18:04	12:08	05:31:54	12:39
Grade 1	04:40:49	10:43	04:49:29	11:02	04:59:23	11:25	05:11:45	11:53	05:11:45	11:53	05:41:26	13:01	05:56:17	13:35

HALESOWEN AC GRAND PRIX

CLAIM FORM

To qualify for an award, you have to attain the required time in at least one event from each of the three categories listed, and then submit your application to Nick Price on the form below. You are asked to provide details of for official results as back up e.g. a link to a website etc where possible

The onus is on you the athlete to claim the standard.

The last date for submission of claims is 1ST DECEMBER.

The competition runs until 30TH NOVEMBER

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NAME

AGE ON DAY OF RACE

MALE/ FEMALE

CONTACT DETAILS e.g. email or phone no. in case of queries

Standard Claimed (please put a "Y" in appropriate box):

5 Star	4 Star	3 Star	2 Star	1 Star	Grade2	Grade 1

RACE DETAILS

Event Name	Time	Date	Details of official results
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Short				
3k				
5k				

Medium				
5 Miles				
10k				

Long				
10 Miles				
Half Marathon				
Marathon				

Please e-mail completed form to: Nick Price – haccgrandprix@yahoo.co.uk or leave behind the bar in the club house