

## CCAA Road Race Grand Prix. Proposals for 2023 Issue3

The Grand Prix will have two separate sections, described below. Clubs and individuals will be able to compete in both sections which will be scored differently, each tailored for a different sector of the running community.

Both sections will be scored from the same selected Cheshire road races. There will be 8 selected races, distributed geographically throughout Cheshire at a variety of distances and spaced throughout the year. Any number of the races may be entered and entries will be included in the Grand Prix automatically by the individuals appearing in the results. The best 5 from the maximum of eight races will count in each GP section.

### 1. The Grand Prix

Based on the selected race results with all runners from non-Cheshire Clubs removed and points allocated based on position. Men and women will be scored separately. Teams will be automatically scored from the cumulative positions of the best 4 athletes from each club, again M+F will be scored separately. Any team not having the full complement of runners to make a team will have the missing number of athletes scored as the last gender runner +1. Each race will be scored separately with a GP M+F winner for each race and M+F Team with the lowest points. There will be a ranked cumulative score (Individual and team) showing the best 5 races. Veteran categories will also be identified separately for each race, but with no cumulative score. Eligible runners will be automatically entered if they enter and run the selected races. They do not need to register for this section.

### 2. Age Graded Grand Prix

This is designed to compensate for aging on a per year basis and supersedes any age category (veteran) performance. The results for each Cheshire Club athlete will be age-graded and ranked. (An age-graded performance of 52.65% will yield 5265 points). Again each race will be scored separately with an AGGP M+F winner for each race and M+F Team with the highest points. There will be a ranked cumulative score (Individual and team) showing the best 5 races. This will need runners to register their birthday to be accurate, otherwise the lowest age in their veteran age category will be used, to the detriment of their actual age-graded performance. Registration is simple at the [Age Related Grand Prix Registration and Contact Page](#)

The following are the distances that will be included in the 2023 GP:

- 2 park runs (North and South of the County)
- 2 different 5ks
- 5 mile
- 2 different 10ks
- A Half Marathon

The races selected for the 2023 Grand Prix are:

- Chester Spring 5 12/04/2023
- Park Run Chester 13/05/2023
- Dunham Massey 2 (Dave Telford Memorial) 8/06/2023
- Birchwood Brook 5k 15/06/2023
- Park Run Alderley Park (Nether Alderley) 8/07/2023
- Birchwood 10k 20/08/2023
- Guilden Sutton 10k 17/09/2023
- Congleton Half 01/10/2023