



3M GORSEINON ROAD RUNNERS

GRAND PRIX

This **READ ME** is to best explain how the groups have come about in the 'First Past the Post' GP and the Age Grade. With 92 runners (previous record was 69) in the first GP on 6th Feb and many more regulars missing, the job of slotting people into competitive groups has been a time consuming nightmare and won't please everyone I'm sure.

Grand Prix

To come to this split with the groups, everyone from 2018 plus the GP on 7th-Feb, where possible have had their best and worst score ignored and the resulting average has been sorted.

Group 1 is large, but I expect some not to renew, and those that are currently in there regularly finish in the top 10 of GP. Groups 6, 7 & 8 are traditionally where new runners tend to fit, so I've tried to keep them smaller than normal to allow for expanding.

- Promotion will be on the top 2 places in points order.
- Relegation will be bottom 2 places in average points order. This prevents a situation where a runner runs just the once and wins the group on that day but finishes last overall because they only have points from the one race. See Alyson Heard for example from 2018 GP.
- Prizes in the end of year presentation night will be for top 2 in each division.
- Best Performances male & female will return, and if you happen to win you will be presented with 2 vouchers worth £3 each, which can be exchanged for a free training session. Hand these in to Vicky on the night instead of your £3.

You can only win BP once in a season.

What's new?

Best Performance is back, and there is a ladies only top to bottom list.

Age Grade

As interest in Age Grade scores is growing within the club, we have decided to make this a 9 group competition, instead of the top to bottom list we've had previously.

To come to this split with the groups, results from 2018 that were run at a distance that doesn't comply with the standard distances in WAVA (World Association of Veteran Athletes) were removed, as the results will either inflate or deflate age grade percentage and fudge the proper scores. This left only 4 races last year at the standard distance (race 1, 2, 5 & 9). From these 4 scores in 2018 plus 6th Feb's score, your best score was sorted in order and determined which group you were in. There may be one or two exceptions.

- Prizes in the end of year presentation night will be for top 2 in each division.
- All races in 2019 will be at a distance that complies with WAVA. This being 1Mile, 3Mile, 5km, 6km, 4Mile, 8km, 5Mile, 10km, 12km, 15km, 10Mile.

What's new?

Loads – A new look to each race tab, 9 groups with end of year prizes, you can see the WR for your age and distance, the current WR and WR's for distances from 100m to 100miles.

How is my Age Grade Percentage worked out?

Using the world record time, a factor is applied for your age (on the day of the race) against the WR, which then effectively produces a WR for your age for that distance.

This age WR is then divided by your actual finish time, producing a percentage of the WR. The higher the percentage the closer you are to the WR for that age.

Men and Women have separate tables, and all these factors and figures are determined by WAVA and are in use worldwide.

We currently have 165 members, that's approx. 40+ more than the same time last year, which equates to 3 GP groups worth.

It has been the hardest year by far to slot everyone into their suitable group and where to separate the groups.

It's impossible to analyse each individual's case or personal circumstances to be in one group or another, but if you feel aggrieved that you are in the wrong group, please email me and have a chat, and I can explain how we've come to slot you where you are and we can work something out. I will probably get some people totally wrong so please let me know and we can see what we can do.

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