

## Avery Competition 2019 - format and rules

Following a consultation with GCR members during 2018, the Race Committee have decided on the Avery format for 2019. The main changes can be summarised as:

- Number of scoring races increased to 26
- A range of low/no cost races included
- Inclusion of the MWL and Sunday XC races
- Encouragement of participation over performance
- Option to gain Avery points for volunteering / marshalling at GCR hosted races
- Inclusion of a wider range of distances

Scoring will change to encourage participation:

- For each race run / volunteered at, a GCR member will score one point (highest total possible if all races are participated in= 26)
- Participants will be ranked according to these points
- Where there is a tie for the highest number of points it will be decided according to the race ranking criteria in Appendix A
- This year there will be more prizes available for participants to keep – 10 each for the male and female competition (large trophies for the 1<sup>st</sup> 3, small trophies for 4<sup>th</sup>-6<sup>th</sup> place, medals for 7<sup>th</sup> – 10<sup>th</sup> place). If any competitor completes the 'Avery Marathon' (all 26 races), there will be a special award.

The Avery scoring races for 2019 will be:

1.	13/01/19	Sunday League XC (free) - Watford	14.	July	Fairlands Valley Spartans 3k relays (free)
2.	20/01/19	Fred Hughes 10 – <a href="#">Enter Here</a>	15.	03/08/19	Heartwood parkrun (free) or St Albans if no Heartwood
3.	10/02/19	Sunday League XC (free) - Royston	16.	August	Leila's Run (any distance) - V
4.	23/02/19	Panshanger parkrun (free)	17.	September	Hatfield 5k (race 1) - V
5.	17/03/19	WGC Half Marathon	18.	September	Hatfield 5k (race 2) - V
6.	06/04/19	Ellenbrook parkrun (free)	19.	October	Hatfield 5k (race 3) - V
7.	May	MWRRL Race 1 (free)	20.	October	Standalone 10k
8.	June	MWRRL Race 2 (free)	21.	October	Sunday League XC (free)
9.	June	MWRRL Race 3 (free)	22.	November	Sunday League XC (free)
10.	June	MWRRL Race 4 (free)	23.	November	Stevenage Half marathon
11.	22/06/19	Welwyn 10k - V	24.	November	ATW Hatfield 5 mile

12.	July	MWRRL Race 5 (free) – V (home fixture) *
13.	07/07/19	Ware 10k OR 10mile

25.	December	Sunday League XC (free)
26.	December	Festive 5 mile - V

NB: V - races where volunteering will count as participation. 1 point will be awarded per race (even if the volunteer role allows running). Volunteering includes support roles at the discretion of the Race Committee. The Race Director will forward details of GCR volunteers to the Avery Results Co-Ordinator.

\*see no.2 in the Appendix

**GCR Race Committee, Oct. 2018**

## Appendix A

In the event of a tied number of points, participation in certain events would be ranked over others, for example the mid-week leagues would have 'increased value'. Foreexample:

Person A has 15 points in total from running 15 events, which includes the Welwyn 10k

Person B has 15 points in total from running 15 events, which includes some MWRRLs but not the Welwyn 10k.

**Winner: Person A**

## Tiebreaker ranking for Avery Competition:

1. Welwyn 10k
2. Race 5 MWRRL Home Fixture\*
3. Festive 5 Miler
3. Leila's Run
4. 5k Series, Hatfield, no order
5. Races 1 to 4 MWRRL, no order
6. 5 XC League Races, no order
7. FVS 3k Relays
8. Stevenage Half Marathon
9. Fred Hughes 10 Miler
10. Standalone 10k
11. Ware 10s, 10 Miler first then 10k
12. WGC Half Marathon
13. ATW 5 Miler Hatfield
14. Avery specific parkruns, no order

\*MWRRL home fixture subject to confirmation at the Mid Week League AGM in February

The ethos of the ranking is GCR races first, League races, Team races, individual races and then parkruns. In the event of a tiebreaker tie, the number of times volunteered at parkruns would be the final decider.