

Avery Competition 2020 - format and rules

GCR Race Committee, January 2020

The Race Committee have decided on the Avery format for 2020. The format will remain similar to 2019, and can be summarised as:

- Number of scoring races is 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 specified races where the volunteer role precludes a point being gained from running
- Inclusion of a wider range of distances

Scoring is designed 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 1st 3, small trophies for 4th-6th place, medals for 7th – 10th place). If any competitor completes the 'Avery Marathon' (all 26 races), there will be a special award.

The Avery scoring races for 2020, with details of the races where Volunteer points are available, can be found on the GCR website and Facebook page and will be circulated to member via email and the newsletter.

NB: 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. For GCR hosted races, the Race Director will forward details of GCR volunteers to the Avery Results Co-Ordinator.

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'. For example:

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 MWRRRLs but not the Welwyn 10k.

Winner: Person A

Tiebreaker ranking for Avery Competition:

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.

- | | |
|----------------------------------|---------------------------------------|
| 1. Welwyn 10k | 9. Stevenage Half Marathon |
| 2. Race 5 MWRRRL Home Fixture* | 10. Fred Hughes 10 Miler |
| 3. Festive 5 Miler | 11. Standalone 10k |
| 4. Leila's Run | 12. Ware 10s, 10 Miler first then 10k |
| 5. 5k Series, Hatfield, no order | 13. WGC Half Marathon |
| 6. Races 1 to 4 MWRRRL, no order | 14. ATW 5 Miler Hatfield |
| 7. 5 XC League Races, no order | 15. Avery specific parkruns, no order |
| 8. FVS 3k Relays | |

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