

Avery Competition 2021 - format and rules

GCR Race Committee, updated March 2021

The Race Committee is taking a flexible approach to the Avery format for 2021 due to the ongoing Coronavirus pandemic, whilst aiming to follow the established format as closely as possible. The competition principles will be subject to amendment due to availability of events but will remain, as far as possible, that:

- Number of scoring races will be up to 26 (depending on availability of suitable events) – members can run as many or as few races as they choose, with points awarded for participation (or volunteering where this is an option – see below)
- A range of low/no cost races will be included
- MWRRL and Sunday XC races will be included if the events are running
- Participation is encouraged over performance
- There will be an option to gain Avery points for volunteering / marshalling at specified races where the volunteer role precludes a point being gained from running
- A wide range of distances is included

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, or the total number of scoring races included in the competition)
- 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 B
- This year there will be more prizes available for participants to keep – large trophies for 1st to 3rd place, small trophies for 4th to 6th place, medals for everyone in the top 10.

Due to the current situation it is impossible to produce a final list of races for the whole year at this stage. The Race Committee will meet monthly to decide on events to include within the Avery events list. Avery scoring races for 2021, with details of the races where Volunteer points are available, will be updated at least monthly by the Race Committee in response to current and forecast restrictions, loaded onto the GCR website and Facebook page, and circulated to members via email and the newsletter.

The 2021 competition will by necessity include a number of virtual and physical GCR club events – details of these, including the method of notifying the results, will be circulated by the race director in advance of the event. The Race Committee will endeavour to give as much notice as possible of externally organised events to allow members to sign up, as it is anticipated that many events will be in high demand.

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

Due to the ongoing Coronavirus, ad hoc additions and amendments to the Avery Competition rules will be listed here and circulated via the channels detailed above.

Amendment 1 (17/01/21):

For a virtual GCR hosted Avery event, as long as the law requires people to remain in isolation when contacted, the following extension applies:

- if you are required to self-isolate, you can request an extension of the deadline for completing your run by notifying Richard Somerset (rich.somerset@ntlworld.com) before the end of the original event period
- the race is run within 1 week of the end of the isolation period
- individual results must be sent to Richard Somerset (email above) as soon as you have completed the event

Appendix B

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 MWRRLs but not the Welwyn 10k.

Winner: Person A

Tiebreaker ranking for Avery Competition, amended for 2021:

Participation favoured as per the list of the following events providing, they appear on the Avery List, with GCR events first:

1. Total of **open GCR events** such as the Welwyn 10k, Festive 5, 5k Series, etc...
2. Total of **open MWRRL** events
3. Total of **open XC League** events
4. Total of **open events** such as the St Albans 10k, ATW Hatfield 5
5. Total of **closed GCR MWRRL** League events
6. Total of **closed GCR XC League** events
7. Total of **other closed GCR events longer than 5k** such as the Centenary Route, Welwyn 10k, self navigation challenges, etc...
8. Total of **open parkruns**
9. Total of **other closed GCR events 5k or less** such as the Panshanger 5k or parkrun

Note: The Race Committee reserve the right to amend the tiebreaker ranking dependent on events included within the Avery. Application of the tiebreaker and awarding of prizes will be at the discretion of the Race Committee.