

## **Avery Competition 2023 - format and rules**

### **GCR Race Committee**

The principles for the 2023 Avery Competition will, as far as possible, be the following:

- A maximum of 24 scoring races – 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)
- At least half the races will be low/no cost
- MWRRL and Sunday XC races will be included
- Participation encouraged over performance
- 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 will be included
- Races will be spaced evenly throughout the year (where event availability permits this)
- Prizes - 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 all 24 races, there will be a special award.

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 = 24, 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 A

The Race Committee will produce a proposed list of events before the start of the year and meet as needed to review the list should changes need to be made. Avery scoring races, with details of the races where Volunteer points are available, will be loaded onto the GCR website and Facebook page, and circulated to members via email and the newsletter.

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 – Additional rules and tiebreaker**

### **Additional Rule 1:**

There will be an option to gain Avery points for volunteering / participating at specified GCR subsidised team events which clash with previously agreed Avery events, where participation in the team event precludes a point being gained from running the Avery. If a member participates in both events only one point will be gained.

### **Additional Rule 2 - Tiebreaker information:**

The number of Avery Points determines the order of finishing. If people have the same amount of points then the order of finishing is determined as follows. 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:**

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

1. Total of **GCR events** such as the Welwyn 10k, Festive 5, 5k Series, etc...
2. Total of **MWRRL** events
3. Total of **XC League** events
4. Total of **paid for events** such as the St Albans 10k, ATW Hatfield 5
5. Total of **open parkruns**

**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.