

## **Avery Competition 2026 - format and rules**

### **GCR Race Committee**

The principles for the 2026 Avery Competition will, as far as possible, be the following:

- 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)  
Note: How the dates of the XC season pan out can affect the number of races to a season
- At least half the races will be low/no cost
- MWRRRL 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 1<sup>st</sup> - 10th place).

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

To gain an Avery point the participant must be a member of Garden City Runners. Lapsed members no longer qualify for points from the second half of the year onwards. Members should identify themselves as Garden City Runners on entry. If members are not listed as GCR in results and their participation is not picked up for an Avery point it is the member's responsibility to make Race Committee aware of their participation.

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 notes**

#### **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.

**Note:** Awarding of prizes will be at the discretion of the Race Committee.