



GRAND PRIX SERIES 2024

The Sportlink Running & Fitness Grand Prix Series is a series of established road races at a variety of distances across the county of Norfolk.

The final standings will aggregate your best nine performances from any of the Grand Prix races in this year's Series.

Date	Race	Website
21 January	Reedham Ten	www.gydac.co.uk
11 February	Valentine 10k	www.norfolkgazelles.co.uk
7 April	Trowse 10k	www.conac.org.uk
24 April	Gt Yarmouth 5 Mile (Race.1)	www.gyrr.co.uk
5 May	Aylsham 10k	www.aylshamrunners.co.uk
12 May	Dereham 10m	www.derehamrunners.co.uk
26 May	Holt 10k	www.nnbr.co.uk
14 June	Lotus Test Track 5k	www.harlingac.com
3 July	Wroxham 5k	www.norwichroadrunners.co.uk
14 July	Humpty Dumpty 10k	www.gydac.co.uk
21 July	Jaguars 5k	www.coltishalljaguars.co.uk
26 July	Worstead 5 mile	www.nnbr.co.uk
11 August	Gt Yarmouth Half Marathon	www.gyrr.co.uk
29 September	Bure Valley 10 mile	www.burevalleyharriers.com

Entry Information

Anyone can take part in the Grand Prix Series; members of clubs affiliated to Athletics Norfolk, members of clubs not affiliated to Athletics Norfolk, unattached runners - all are welcome. You don't even need to live in Norfolk - just enter the Grand Prix races in the normal way and then look out for your name in the Series standings ...

For seniors all ages are taken as at 31 December 2024 with masters in five-year age groups from 40 to 75+.

At every Grand Prix race the winner in each age group scores 100 points, second place scores 99 points and so on.

If you don't manage to complete the minimum of nine races you will still count in the final standings but clearly, it's a good idea to do as many as possible.

We also have categories for Junior and Intermediate runners.

The Junior category is for runners up to and including age 14, with ages taken at the date of the first 5k race. Juniors must run a minimum of two 5k races to qualify for a series prize, with their aggregate score from all three 5k races to count.

The Intermediate category is for runners aged 15 to 17 inclusive, with ages taken at the date of the first eligible race. Intermediate runners may enter any of the nine races of a distance 5k, 5 mile or 10k with the best five races to count. To qualify for a series prize, a runner must complete five races.

At the end of each season the Series awards will be presented at the Night of Celebrations.