



GRAND PRIX SERIES 2023

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
5 February	Reedham Ten	www.gydac.co.uk
12 February	Valentine 10k	www.norfolkgazelles.co.uk
5 March	Mike Groves 10k	www.coltishalljaguars.co.uk
26 March	Wymondham 20 mile	www.wymondhamac.org.uk
9 April	Trowse 10k	www.conac.org.uk
7 May	Aylsham 10k	www.aylshamrunners.co.uk
14 May	Dereham 10m	www.derehamrunners.co.uk
16 June	Lotus Test Track 10k	www.harlingac.com
2 July	Humpty Dumpty 10k	www.gydac.co.uk
5 July	Wroxham 5k	www.norwichroadrunners.co.uk
28 July	Worstead 5 mile	www.nnbr.co.uk
13 August	Great Yarmouth Half Marathon	www.gyrr.co.uk
20 August	Dereham 5k	www.derehamrunners.co.uk
24 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 ...

All ages are taken as at 31 December 2023 with masters in five-year age groups from 40 to 70+.

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 juniors (up to and including age 14) and intermediate (aged 15 to 17 inclusive). Juniors must run both 5k races with their aggregate score to count. Intermediate runners may enter any of the nine races of a distance 5k, 5 mile or 10k, with the best six races to count.

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