

Retford Athletics Club
All-Rounder Competition / Grand Prix

The All-Rounder Competition is a multi-terrain and non gender/age Specific competition. A Grand Prix contest is incorporated within the main competition.

Rules and Qualifications 2006.

1. The All-Rounder Competition (A-R Comp) will comprise of 23 events spread across the majority of the athletic year. The events are:
 - 4, Inter Club Cross Country races
 - 5, Notts Evening League fixtures
 - 9, Grand Prix road race events (3 of each; half marathon, ten mile, 10k)
 - 2, Fell races
 - 2, Trail races
 - 1, Marathon event.

2. There is no restriction on the minimum number of events that a competitor needs to complete, however the maximum number of events that a competitor may score in, is as follows:
 - 3, Inter Club Cross Country races
 - 3, Notts Evening League fixtures
 - 5, Grand Prix appointed events (any five)
 - Any one from the four appointed off road events (Fell / Trail)
 - 1, Marathon event.

3. Scoring within the A-R Comp is as follows :

Grand Prix events accrue points on an age related scoring system.

Cross Country races and Notts Evening League fixtures; a maximum points score will be awarded to the leading club runner and on a point reducing pro-rater scale for subsequent competitors.

For any one scoring race from the appointed off-road events, 250 points will be awarded for a completion regardless of the Competitor's position or time in the said race.

Any Marathon event completion will also score 250 points for the competitor.

4. A concurrent contest will occur within the A-R Comp which utilises the 9 Grand Prix events. This contest is to be known as the GP 5. Whilst points are awarded on an age related basis with reference to the A-R Comp, for the purposes of the concurrent GP 5 contest, a parallel scoring system will award a maximum points score per event to the leading club runner and on a one point reducing pro-rater scale for subsequent competitors.

5. Regardless of the reducing points system utilised for the GP 5, the points earned for the Grand Prix events within the A-R Comp are awarded on an age/gender related basis. Therefore within the A-R Comp there is no inequity reference age or gender.

6. To be eligible to compete within the meaning of the A-R Comp / GP 5, competitors must be paid up senior members of Retford Athletics Club. Also club members of seventeen years of age will be eligible to compete within the meaning of the A-R Comp / GP 5 regardless of their membership category; i.e. junior, unemployed or student.

7. As per club General Rule No.18, club members must wear club colours (vests or tee-shirts) when competing in the A-R Comp / GP 5. Contravention of this rule whilst competing in any A-R Comp / GP 5 event will deem the competitor a non-scorer in the said event.

8. Both competitions will be coordinated by the Secretariat of the A-R Comp on behalf of the Retford AC Committee. With both competitions being run concurrent there is a potential for complexity regarding the prize allocation, therefore the prize distribution will be determined on an annual basis by the Secretariat. The A-R Comp is acknowledged as the principal competition and accordingly prize allocation for the A-R Comp will retain precedence over prizes provided for the GP 5.

9. Prize allocation for all competition will be restricted to one prize per competitor.

10. The current Grand Prix perpetual trophies will be maintained and utilised within the prize allocation as appropriate.

11. Club members will be expected to compete within 'The Spirit' of the A-R Comp / GP 5 Rules and Qualifications, and the Secretariat / Retford AC Committee have a responsibility to uphold the ethos of these rules and when necessary to retain the duty to adjudicate and make any decision that they believe to be correct.

**The A-R Comp Secretariat,
For and on behalf of The Retford AC Committee.**