



# 33<sup>rd</sup> Grand Prix – 2019/20

A series of timed training sessions based upon a handicap system amended after each session.  
The final INDIVIDUAL points classification will be based upon your BEST 6 (of the first 7) + SESSION 8  
Handicaps for Session 8 will be based on best performance this series

## **SESSION 1 Tuesday 27th Aug 2019 – Start 7:15pm (tbc)**

**Blyth 10km Race** - Course Records – I. Hollingsworth 31:50 (2007) and C. Penfold 35:50 (2018)

The first Grand Prix event is incorporated with the Blyth 10K

Grand Prix positions, and hence points, will be based on a **SEALED** handicap.

This event also incorporates the **North Shields Polytechnic Club 'Senior Championship'**

## **SESSIONS 2-8 All Tuesdays - Start 7:00pm**

**Oct 8<sup>th</sup>, Nov 12<sup>th</sup>, Dec 10<sup>th</sup>\*, (2019)**

**Jan 14<sup>th</sup>, Feb 11<sup>th</sup>, Mar 10<sup>th</sup>, April 7<sup>th</sup>\* (2020)**

3.5 miles approx. course (start North of Whitley Bay, Briar Dene).

Runners are set off at pre-determined intervals depending on handicap

**Original Course Records – T. Brannon 17:24 (1987) and K. Cornwall 20.54 (1996)**

**\*SESSION 4 and 8 include free (to entrants of the Grand Prix) buffet which the presentations of training and merit awards will take place**

After 30 years in association with Alan Catley and Phil Lancaster, the Winter Handicap was welcomed to the NOTAN portfolio of events in September 2017. Continuing with its original concept of a monthly training run the overarching principle of the Winter Handicap is to help runners of all abilities to reach their individual goals within a challenging and mutually supportive environment.

About NOTAN - In January 2010, the North of Tyne Athletics Network (NOTAN) was established to develop athletics across our area. In 2018, we became a registered charity (Registered Charity Number: 1174636) and we continue to provide opportunities for people to access our sport. Find out more at <http://www.info@notan.org>

## ENTRY DETAILS

- **Teams of 8 @ £190 a team (7x £25 + £15 Team Manager)**
- Individual Series entries £35 plus this year limited 'wildcards' for those not available for the full series will be allowed depending upon availability. Contact the entry coordinator at [grandprix201920@gmail.com](mailto:grandprix201920@gmail.com)
- The **first 5** in each session will score in the Team Merit Awards
- Entries to be received by Monday 29<sup>th</sup> July 2019
- Limit of 250 runners per session– if more than 250 entries received then successful teams/individuals will be drawn at random from all entries received.
- Competitors will be issued with ONE number for sessions 2 to 8 – please keep it safe and wear it for all sessions and, if you lose it, make a new one! If you do not wear your correct session number you will be disqualified from the results of that session.
- All enquires to the event coordinator [grandprix201920@gmail.com](mailto:grandprix201920@gmail.com)
- Organisers reserve the right to refuse entry without explanation.

Please enter the team below for the 33<sup>rd</sup> NOTAN Grand Prix:

<b>Team Name</b>		<p style="text-align: center;"><b><u>Awards</u></b></p> <p><b>Each session:</b> Tee Shirts to the first three finishers</p> <p><b>At end of series:</b> 1<sup>st</sup> three individuals 1<sup>st</sup> team</p>
Team Manager		
Address of Team Manager		
Tel. No:		
E-mail:		

In the case of individual entry give name and address above + complete row 1 below:

	Team Members	M/F	DOB	UKA Club	Best 5k or Park Run (2019)	Best 10k (2019)	Did the GP last year? (Y/N)
<b>1:</b>	Manager						
<b>2:</b>							
<b>3:</b>							
<b>4:</b>							
<b>5:</b>							
<b>6:</b>							
<b>7:</b>							
<b>8:</b>							

Entry fee: **Either £190 for a team of 8 OR £35 for individual**

(Cheques payable to "NOTAN")

Completed entry to be sent to:

**(to arrive by Monday 29th July 2019)**

FAO - Grand Prix

126 Malvern Road,

North Shields, NE29 9HA