

EVH Grand Prix2022

The 2022 GP has started and after 10 races, 53 of our athletes have taken part in an event which is covered by the GP, which is an excellent start.

The latest league table has Ken Summers making the early running but with Simon Swift not far behind.

In the coming weeks there is plenty of opportunity for points starting with the Armada 3k this coming Wednesday at Central Park.

The current standings are also on the website, but the top 5 is below:

Pos	Name	Total
1	Ken Summers	157.99
2	Simon Swift	150.00
3	Alison Engledew	121.56
4	Linda Bracher	120.00
5	Dave Engledrew	111.58

Races coming up

Date	Race	Points Available
16-Mar	Armada 3k	10
20-Mar	Tavy 13	Age% * 0.75
05-Apr	Handicap Summer 04 01	10
13-Apr	Armada 5k	10
15-Apr	Fast Friday (Exeter 10k)	Age% * 0.5

Point Scoring

Event	Points
Handicap	10
Armada series	10
5k	15
Relays	15
Cross Country and off road	30
Greater than a Half, less than a Marathon	40
10k	Age% * 0.5
Half Marathon	Age% * 0.75
Marathon	Age%
Additional Points	
For each Marathon after your first this year	50
Club age record (including for a non-GP event)	50
Winning an EVH team race for a GP event	20
Ultra-events	50
Multi-discipline events	20
1st place male	20
1st place female	20

Keep on running!

Phil Adderley