

ROAD AND HILL RUNNING GRAND PRIX EVENTS 2010

The complete Road Running Grand Prix for 2010 is as follows;

1. 27/02/2010 Cupar 5 Mile Road Race
2. 21/03/2010 Alloa Half Marathon
3. 10/04/2009 Edinburgh parkrun 5K
4. 01/05/2010 Edinburgh to North Berwick 20 Mile Race
5. 23/05/2010 Edinburgh Marathon
6. 05/06/2010 Strathallan 5 Mile Road Race
7. 13/06/2010 Dunfermline Half Marathon
8. 24/06/2010 Milnathort Dash
9. 07/07/2010 Brig Bash 5 Mile Road Race, Bridge of Earn
10. 13/07/2010 Ravenscraig Park 1 Mile Race, Kirkcaldy
11. 08/08/2010 Pitreavie Forth Bridge 10K Road Race
12. 17/08/2010 Ceres 8 Mile Road Race
13. 31/08/2010 Graham Clark Memorial Race, Knockhill
14. 12/09/2010 Around Cumbrae 10 Mile Road Race
15. 19/09/2010 City of Stirling 10K Road Race

The complete Hill Running Grand Prix for 2010 is as follows;

1. 07/03/2010 Bishop Hill Race, Scotlandwell (AS)
2. 20/03/2010 Chapelgill Hill Race, Glenholm (AS)
3. 17/04/2010 Clachnaben Hill Race, South Deeside (AM)
4. 08/05/2010 Ben Lomond Hill Race, Rowardennan (AM)
5. 19/05/2010 Kinnoull Hill Race (AS)
6. 06/06/2010 Yetholm Hill Race, Halterburn, Roxburghshire (AM)
7. 19/06/2010 Glen Rosa Horseshoe Hill Race, Isle of Arran (AL)
8. 17/07/2010 Tomnabat Hill Race, Tomintoul (AS)
9. 31/07/2010 Dollar Hill Race (AM)
10. 08/08/2010 Glenshee 9 Hill Race (AL)
11. 15/08/2010 Lomonds of Fife Hill Race (AM)
12. 28/08/2010 Ochils 2000's, Stirling (AL)
13. 19/09/2010 Merrick Hill Race (AM)
14. 02/10/2010 Bella Ben Venue Hill Race, Trossachs (AM)
15. 13/11/2009 Tinto Hill Race, near Symington (AS)

In both the Road and Hill Running Grand Prix, 50 points will be awarded to the first male and female to finish each race, followed by 49 points for 2nd, 48 points for 3rd etc. Overall points are calculated based on your best nine events. Awards in all age groups will be presented in December at our annual awards evening. All runners outwith the award winners who complete the minimum nine events will also be presented with an award. Your age category is based on your age at the opening event in each Grand Prix.

Carnegie Harriers Running Club www.carnegieharriers.co.uk

Carnegie Harriers Hill Running: www.carnegiehillbillies.org