

running free 



SUMMER SERIES SENIORS PRIZE LIST

Many thanks to ***Running Free*** of Parkstone for sponsoring the overall prizes. These will be presented at "The Junction" Broadstone after the last race on Wednesday 9th August. The bar will be open and 'basket meals' available (pre-order only)

Individual Prizes

- | | |
|-------------------------|---|
| ✓ First overall male | Voucher for a pair of trainers |
| ✓ First overall female | Voucher for a pair of trainers |
| ✓ Second overall male | Voucher for a pair of OOFOS recovery footwear |
| ✓ Second overall female | Voucher for a pair of OOFOS recovery footwear |



(The above items are from a selected range)

- | | |
|-------------------------------|--------------------------|
| ✓ First M/F in each age band | £20 Running Free Voucher |
| ✓ Second M/F in each age band | Bottle of wine |

Age bands are:- 14-17, 18-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, & 80 plus.

Criteria

- ❖ *To be considered for any award competitors must complete at least four races.*
- ❖ *Awards will be calculated using the best four finishing positions from within the competitors own age category.*
- ❖ *In the event of a tie the best "chip" time from any race will be used to determine the winner.*

Team Prizes

- | | |
|----------------------------|----------------------------|
| ✓ <i>First Male Team</i> | <i>Six Packs of beer</i> |
| ✓ <i>First Female Team</i> | <i>Six Bottles of wine</i> |

Criteria

- ❖ *In any race the first three runners from a club will be allocated as the 'team' for that race.*
- ❖ *Team positions will be based on finishing positions of the club members within that race.*
- ❖ *The best four results from the six races will be used to allocate the prize.*
- ❖ *Should there be a tie; the best cumulative time of the first three runners from the relevant Clubs in race six will be deemed the winning team.*

