



Haywards Heath Harriers

Event factsheet: Sussex Grand Prix (SGP)

What is it?

A multi-event points based running competition open to affiliated clubs in Sussex
The competition is both individual (according to gender and age categories) and club based
Runners obtain points based on their position in a number of races across the calendar year
Points for runners are combined on an event by event basis, and contribute to the SGP league

When is it?

There are twelve races across the year which contribute towards the competition
Races for 2020 comprise distances between 5km and 15-miles (see [SGP website](#) for details)

How does scoring work?

Individual

A high score is 'better'

Runners must compete in six of the twelve races to be included in the competition

The first finisher in each race scores 500pts, the second finisher scores 499pts, and so on

Team

Refer to the [SGP website](#) for details of the two club leagues: 'Top 5' and 'Open Team' leagues

Who is it for?

Everyone can take contribute and there are age based awards in the individual competition
If you are keen to take part, please give it a go!

Why is it good for the club?

Success in the league (and your individual performance) reflects well on the club, with the points you obtain counting towards our position – we need members to participate!

Why is it good for me?

The events, distributed across the year, are an excellent way to incorporate racing into your schedule, including Spring or Autumn marathon training
It is also motivating to run as part of, and contribute to, the team!

How do I enter?

Race entry is via individual event websites, but please be sure to enter your England Athletics registration number, so that you are noted as a Haywards Heath Harrier and your efforts count towards the club's points. You must also run in approved club vests/tops

How can I find out more?

Visit the event website: <https://www.sussexgrandprix.co.uk>

Listen out for announcements at training or speak to a committee member or club members