

ARMADA ATHLETICS NETWORK GRAND PRIX RACES 2019

- 1) 24/03 Tavy 13 (Tavistock AC)
- 2) 11/05 Ivybridge 10K (Erme Valley Harriers)
- 3) 25/05 Bere Pen 10K (Bere Alston Trekkers)
- 4) 13/07 Muddy Duck (Plymstock Road Runners)
- 5) 20/07 Magnificent 7 (Tamar Trotters)
- 6) 14/08 5K Series (Armada – Newnham Park)
- 7) 30/08 Muskies Madness 10K (Plymouth Musketeers)
- 8) 01/09 Treggy 7 (Launceston Road Runners)
- 9) 21/09 Newnham Park 10k/3k - Now under management of Plymouth Harriers.
- 10) 13/11 3K Series (Armada –Central Park)
- 11) 18/11 Lopwell Loop. Date TBC

Armada Grand Prix – runners must complete 7 of 11 races above to receive an award. Runners do not get points for competing in their own club races.

Runners can choose a crystal or a long sleeve T as their award. There will also be age category winners (additional long sleeve T - orange) and a team prize.

11/12 Grand Prix Presentation will take place after the 3k at Plymouth Life Centre.

