



10 Points For Running

OR

10 Points For Volunteering



5 Points  
Course  
PB

Average of Best  
3 Age Grade  
Scores

Eg: 48%, 50% &  
52%

**50 Points**

Event specific  
bonus points  
available  
throughout the  
season



**Example 1**

5 events - 50 Points  
Average Age Grade - 62  
PB Points - 5

**Total - 117**



**Example 2**

9 events - 90 Points  
Average Age Grade - 41  
PB Points - 0

**Total - 131**