

## Ponteland Runners Club Championship Races 2018

Day	Date		short	medium	long	Website	Notes
			5K (part of Parkrun Challenge organised by Paul O'Neill)	over 5k to 10 miles	over 10 miles		
March to October					Any half or full marathon, please email link to your time to clubchampionship@pon telandrillers.org.uk		
Saturday	March	3					Alnwick Cross Country 10 bonus points
Saturday	March	10	Gateshead Parkrun				
Sunday	March	18			Kirkley 1/2	<a href="http://www.runnation.co.uk">www.runnation.co.uk</a>	£1.50 discount
Saturday	March	24	Riverside (Chester le St) Parkrun				
Sunday	April	8		Port of Blyth 10K		<a href="http://www.blythrunningclub.org.uk">www.blythrunningclub.org.uk</a>	
Sunday	April	14		Cragside 10K		<a href="http://www.runnation.co.uk">www.runnation.co.uk</a>	£1.50 discount
Saturday	April	28	Rising Sun Parkrun				
Saturday	May	5	Windy Nook Parkrun				
Sunday	May	20		Pier to Pier (6.9mi)			
Sunday	May	27		Druridge 10K		<a href="https://db10k.iimdo.com">https://db10k.iimdo.com</a>	for charity
Saturday	June	2	Whitley Bay Parkrun				
Saturday	June	9		Blaydon Race (5.6 mi)		<a href="http://www.blaydon-race.com">www.blaydon-race.com</a>	entries open 7pm Feb ?
Wednesday	June	13		Newburn River Run (6.0 mi)		<a href="http://www.elswickharriers.org.uk">www.elswickharriers.org.uk</a>	
Wednesday	June	20		Stamfordham 10K		<a href="http://www.runnation.co.uk">www.runnation.co.uk</a>	£1.50 discount
Wednesday	June	27		Kirkley 10K		<a href="http://www.runnation.co.uk">www.runnation.co.uk</a>	£1.50 discount
Tuesday	July	3?		Bridges of Tyne (5mi)		<a href="http://www.tynebridgeharriers.com">www.tynebridgeharriers.com</a>	
Wednesday	July	4?		Tynedale 10K Ovingham		<a href="https://www.tynedaleharriers.com">https://www.tynedaleharriers.com</a>	
Sunday	July	8		Great North 10K		<a href="http://www.greatrun.org/great-north-10k">http://www.greatrun.org/great-north-10k</a>	
Saturday	July	14	Gibside Parkrun				
Wednesday	July	18		Wallington 10K		<a href="http://www.runnation.co.uk">www.runnation.co.uk</a>	£1.50 discount
Sunday	July	29			Coastal Run (13.5mi)	<a href="http://www.alnwickharriers.co.uk/?page_id=103">http://www.alnwickharriers.co.uk/?page_id=103</a>	SOLD OUT
Saturday	August	4	Newbiggin Parkrun				
Saturday	August	11		Gateshead Trail 10K		<a href="http://www.gatesheadtrail10k.com">www.gatesheadtrail10k.com</a>	
Saturday	Sept	1	South Shields Parkrun				
Sunday	Sept	9			Great North Run (13.1 mi)	<a href="http://www.greatrun.org/great-north-run">www.greatrun.org/great-north-run</a>	ballot closes 5 Feb
Saturday	Sept	?					XC - 10 bonus points
Sunday	Sept	30			Haltwhistle Half (13.1 mi)	<a href="http://www.haltwhistlehalf.co.uk/">http://www.haltwhistlehalf.co.uk/</a>	
Sunday	October	1		Prudhoe Miners Race 10K		<a href="http://www.runnation.co.uk">www.runnation.co.uk</a>	£1.50 discount
Sunday	October	7?			Great Cumbrian Run (13.1 mi Carlisle)	<a href="http://cumbrianrun.co.uk">http://cumbrianrun.co.uk</a>	
Saturday	October	?					XC - 10 bonus points
Saturday	October	13	Druridge Parkrun				
Saturday	October	27	Newcastle Parkrun				
Sunday	October	28		Hexham 10K		<a href="http://www.runnation.co.uk">www.runnation.co.uk</a>	£1.50 discount
			<b>Best 1 counts</b>	<b>Best 2 count</b>	<b>Best 1 counts</b>		

The following Parkrun Challenge events are not part of the club championship

Saturday	February	3	Prudhoe Parkrun
Saturday	February	24	Any Parkrun

The Prizes - to be confirmed but in 2017 it was 1st Overall, 2nd overall, Randomly drawn prize for anyone who completes 4 qualifying races (1x short+2 x med +1 x lg)

The rules

- Your best scores for 4 races count i.e. 1 x short + 2 x medium + 1 x long
  - NEW FOR 2018 - any half marathon or full marathon between March and October can count as your long run - just email result link to clubchampionship@pontelandrunners.org.uk  
long races in table above are suggestions of good races which are popular with members
  - NEW FOR 2018 - earn an extra 10 bonus points for each NEHL standard Cross Country Race you run between March and October up to a maximum of 20 points
  - Your scores are calculated using World Masters Athletics (WMA) tables which compares you against the World's fastest person of the same age and gender over the race distance.
  - NEW FOR 2018 latest 2015 WMA age- grade calculator to be used (previous Championships used 2010 WMA tables)
  - Only open to First Claim Ponteland Runners Club Members, Committee reserves right to change the rules etc...
  - Maximum of 1 prize per person
  - Here is a WMA score calculator- <http://www.howardgrubb.co.uk/athletics/wmaroad15.html>
  - Discount code for Run Nation races giving £1-50 OFF - TBA (RN are launching new website shortly)
- Queries to Dave Legg - email clubchampionship@pontelandrunners.org.uk