

Ponteland Runners Club Championship Races 2019

			short	medium	long		
Month	Day	Date	5K (part of Parkrun Challenge organised by Paul O'Neil)	over 5k to 10 miles	over 10 miles		
Jan to Dec (Xmas 5K)					Any full marathon, please email link to your time		
				Any timed medium or long race with 3 or more club runners please email link to your time to clubchampionship@pontelandrunners.org.uk			
			5 points for representing the club at any cross country race (Harrier League etc.) up to maximum of 20 points				
			5 points for representing the club at any relay race up to maximum of 15 points				
February	Saturday	23	Newcastle Parkrun				
March	Sunday	17			Kirkley 1/2		
	Saturday	30	Prudhoe parkrun				
April							
May	Saturday	4	Rising Sun Parkrun				
	Sunday	19		Pier to Pier (6.9mi)			
	Saturday	25	Whitley Bay Parkrun				
June	Sunday	9		Blaydon Race (5.6 mi)			
	Saturday	15	Gateshead Parkrun				
	Wednesday	12?		Newburn River Run (6.0 mi)			
	Wednesday	26	Club 5K Summer handicap				
	Sunday	30			Coquet 1/2 (Rothbury)		
July	Wednesday	3?		Tynedale 10K Ovingham			
	Sunday	21			Coastal Run (13.5mi)		
	Saturday	27	Newbiggin Parkrun				
August	Saturday	10		Gateshead Trail 10K			
	Saturday	31	South Shields Parkrun				
September	Sunday	9			Great North Run (13.1 mi)		
	Saturday	14	Blyth Parkrun				
October	Saturday	19	Druridge Parkrun				
	Sunday	13			Kielder 1/2 (and full)		
	Sunday	27		Hexham 10K			
November	Saturday	9	Riverside Parkrun				
	Sunday	24			Kirkley 10		
December	Saturday	7	Hexham Parkrun				
	Wednesday	18	Club 5K Xmas handicap				
			Best counts	Best counts	Best counts		

The Prizes - 1st Overall, 2nd overall, Randomly drawn prize for anyone who completes 3 qualifying races (1x short+1 x med +1 x l

The rules

1. Your best scores for 3 races count i.e.1 x short + 1 x medium + 1x long
2. 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.
3. Here is a WMA score calculator- <http://www.howardgrubb.co.uk/athletics/wmaroad15.html>
4. Only open to First Claim Ponteland Runners Club Members, Committee reserves right to change the rules etc...
5. Maximum of 1 prize per person