

Ponteland Runners Club Championship Races 2020

Month	Date	Day	short	medium	long	Cross Country	Relays	Details
			5 km	over 5k but less than 10 miles	10 miles or more	any of the regular Harrier League races where you represent the club, www.harrierleague.com (excludes Sherman Cup, NE Champs etc.)	any relay race where you represent the club	
?	?	?					Signals Relay	at Hetton Lyons Country Park
January	19	Sunday					Birtley AC Cross country relays	at Lord Lawson Beamish school
February	9	Saturday				Harrier League XC at Thornley Hall Farm, near Peterlee		www.harrierleague.com
February	29	Saturday				Harrier League XC at Alnwick		www.harrierleague.com
March	?	Saturday	? Parkrun					part of parkrun challenge
March	?	Saturday				Rescheduled cancelled XC from 2019		
March	?	Saturday				Rescheduled cancelled XC from 2019		
March	15th	Sunday			Run Northumberland 1/2 marathon and 20 miler			enter on www.runnation.co.uk , £2 discount with code PONTRUNHM This is a new closed roads route starting at Ovingham heading out towards Corbridge and doing a U turn at 6km, returning to Ovingham then along to Wylam where you cross the river onto the trail back to the finish at Ovingham
April	10	Friday					Good Friday Relays	www.elswickharriers.org.uk
April	12	Sunday			Gateshead 1/2 marathon			https://www.gatesheadhalf.com/event/gateshead-half-marathon-2020/
April	?	Sunday		Port of Blyth 10K				www.blythrunningclub.org.uk
May	13	Wednesday					Gordon Smith Relays, Cobolt business park	www.walsendharriers.org.uk
May	20?	Wednesday					Blackhill Steelworks Invitation Relay	Invitation from Blackhill Bounders - so limited numbers
June	9	Tuesday		Blaydon Race (5.6 mi)				7-15 pm www.blaydon-race.co.uk for entries - sold in 2 batches on consecutive evenings in February which go very very quickly
June	24	Wednesday					Weetslade Relay	Claremont runners organise this
June	?	Wednesday	Club 5K Summer handicap					A timed 5K run around Darras Hall where starts are staggered based on speed so that everyone finishes at about the same time
July	3?	Wednesday		Tynedale 10K Ovingham				
August	27	Sunday					Gosforth Harriers Summer relay	at Great North Park
August	?				Jelly Tea 10 mile			https://www.tynedaleharriers.com/our-races/
September	13	Sunday			Great North Run (13.1 mi)			www.greatrun.org - entry ballot opens in January
September	?	Saturday	? Parkrun					part of parkrun challenge
October	18	Sunday		Amsterdam 8K	Amsterdam 1/2 and full			BONUS 5th race www.tcsamsterdammarathon.nl
November	8	Sunday		Town Moor Memorial 10K				www.heatonharriers.org.uk
December	16?	Wednesday	Club 5K Xmas handicap					As the summer one above but dark and cold!
			Best counts - points from WMA calculator	Best counts - points from WMA calculator	Best counts - points from WMA calculator	2.5 points for representing the club at any Harrier League cross country up to maximum of 10 points	2.5 points for representing the club at any relay race up to maximum of 5 points	Your total score is your best short + best medium + best long + XC bonus + relay bonus

The rules

- In 2020 there are separate Club Championships for men and women
 - Your best scores for 3 races count i.e. 1 x short + 1 x medium + 1 x long. In addition there are bonus points for cross country and relays (see above)
 - 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.
- Here is a WMA score calculator- <http://www.howardgrubb.co.uk/athletics/wmaroad15.html>
- Only open to First Claim Ponteland Runners Club Members
 - Only races entered in your own name count
 - Discount for Run Nation races - for March 1/2 marathon PONTRUNHM gives £2 off
 - The Prizes - Top 3 men, Top 3 women plus randomly drawn prize for anyone who completes 3 qualifying races (1x short+1 x med +1 x long)
 - Trophy for top man and top woman
 - Maximum of 1 prize per person
 - Committee reserves right to change the rules etc...

Queries to Dave Legg - email clubchampionship@pontelandrunners.org.uk