

Ponteland Runners Club Championship Races 2020 - revised Sept 2020

			short	medium	long	Details
Month	Date	Day	5 km	over 5k but less than 10 miles	10 miles or more	
March	7th	Saturday	Blyth Parkrun			
March	15th	Sunday			Run Northumberland 1/2 marathon and 20 miler	
July	various	Wednesday	Club 5K Summer handicap			club 5K route starting on Runnymede Road
September	13	Sunday			Virtual Great North Run 1/2 marathon	any circular route - must be recorded on a GPS device, email screenshot to clubchampionship@pontelandrunners.org.uk
September 8th to December 16th	any			Virtual 10K - self led	Virtual run of half marathon distance or longer - self led	any circular route - must be recorded on a GPS device, email screenshot of your best effort to clubchampionship@pontelandrunners.org.uk at end of each week. No need to email in all your efforts just the fastest so far.
End October to December 12th		Saturday	Parkruns - TBA			Parkrun have announced the start of runs from the end of October. Details of inclusion in Club Championship TBA
December	9th to 16th (incl)		Club 5K Xmas handicap			club 5K route starting on Runnymede Road, email screenshot of your best effort (which might be your only attempt) to clubchampionship@pontelandrunners.org.uk and matt@pontelandrunners.org.uk
			Best counts - points from WMA calculator	Best counts - points from WMA calculator	Best counts - points from WMA calculator	Your total score is your best short + best medium +best long

The rules

1. In 2020 there are separate Club Championships for men and women
2. Your best scores for 3 races count i.e. 1 x short + 1 x medium + 1 x long.
3. 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>
4. Only open to First Claim Ponteland Runners Club Members
5. Only races entered in your own name count
6. Circular route - must finish within approx 1 mile of the start. To rule out runs with a big descent which would give an unfair advantage
7. 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)
8. Trophy for top man and top woman
9. Maximum of 1 prize per person
10. Committee reserves right to change the rules etc...