

Ponteland Runners Club Championship Races 2021

			short	medium	long	Details
Month	Date	Day	5 km	over 5k but less than 10 miles	10 miles or more	
June	20th	Sunday			Sunderland 1/2	https://njuko.net/sunderlandcityrns21/select_competition
June	23rd	Wednesday		Gateshead sun downer 10K Blaydon (Run Northumberland)		https://runnation.co.uk/r/sundowner-10k-2021
July	4th	Sunday		Great North 10K (Gateshead)		https://www.greatrun.org/events/great-north-10k/
July	28th	Wednesday	Club 5K Summer handicap			club 5K route starting on Runnymede Road
August	14th	Saturday		Gateshead Trail 10K		https://www.gatesheadtrail10k.com
September	4th	Saturday	Newcastle Parkrun			
September	12th	Sunday			Great North Run 1/2 marathon	entries already FULL
September	19th	Sunday		Matfen 10K (Run Northumberland)		https://runnation.co.uk/r/Run-Northumberland-Matfen-10k-2020-duplicated-1599496467
					Jelly Tea 10 mile - CANCELLED	https://www.tynedaleharriers.co.uk/our-races/jelly-tea-10/
October to Dec 22nd					any officially timed 1/2 marathon race	
October	9th	Saturday	Chester le st Riverside Parkrun			
October	17th	Sunday			Amsterdam 1/2 and Full marathon	https://www.tcsamsterdammarathon.eu
October	24th	Sunday			Castles 1/2 (Bamburgh)	https://runnation.co.uk/r/castles-half-2021
November	14th	Sunday		Town Moor Memorial 10K		http://www.heatonharriers.org.uk/our-races/memorial-town-moor-10k/
December	15th to 22nd		Club 5K route for those that can't make the handicap race on 19th (self recorded with GPS watch or phone)			club 5K route starting on Runnymede Road
December	19th	Sunday	Club 5K Xmas handicap			club 5K route starting on Runnymede Road
			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

- 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.
- 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
- In view of the continually changing race calendar due to Covid-19 races may be removed or added from the championship
- 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...

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