

| Ponteland Runners Club Championship Races 2022 | | | | | | | Web Link |
|--|------|-----------|---|---|---|---|---|
| Month | Date | Day | short 5 km | medium over 5k but less than 10 miles | long 10 miles or more | Details | |
| March | 12 | Saturday | Town Moor Parkrun | | | A classic Parkrun with a new (slightly faster) course from 2021, | https://www.parkrun.org.uk/flowmoe |
| | 20 | Sunday | | Northumberland Superfast 10K | Northumberland Superfast 1/2 marathon | 2/4 Laps of Ouston airfield, Albemarle near Stamfordham, get £2 off with discount code PONTRUNNERS22 for Ponteland Runners ONLY | https://runnation.co.uk/r/run-northur |
| April | 3 | Sunday | | Blyth 10K | | A simple out and back course from Blyth along the coast, very flat, definitely a PB opportunity. Due to a roll over of entries from 2020 there are Very limited new entries | https://www.blythrunnersclub.org.uk/2021 |
| May | 1 | Sunday | | | Gateshead 1/2 marathon | A new race, 2 laps starting and finishing at Gateshead stadium with some scenic sections along the banks of the Tyne | https://eventsofthenorth.com/event/41 |
| | 14 | Saturday | Whitley Bay Parkrun | | | A lovely course next to the sea starting opposite the Spanish City | https://www.parkrun.org.uk/whitleyb |
| June | 9 | Thursday | | Blaydon races (8.6K) | | Starts at Quayside Newcastle then gans along the Scotswood road to Blaydon with a loop to add some mileage after crossing the river. | https://blaydon-race.co.uk/how-to-enter/ |
| | 29 | Wednesday | Club 5K Summer handicap | | | club 5K route starting on Runnymede Road | |
| July | 6 | Wednesday | | Ovingham Pie 'n' Peas 10K | | Starts in Ovington, first mile downhill to Ovingham, along the road to Wylam then back to Ovingham along the river path. Pie 'n' Peas at the school afterwards.TBC | https://www.tynesidestarters.com/our-rac |
| | 24 | Sunday | | | Northumberland Coastal Run (13.5 mi) | A very scenic, mixed terrain run from Beadnell down the Northumberland Coast to finish on the beach at Alnmouth. SOLD OUT | |
| August | 21 | Sunday | | Try on the Tyne 10K | | Newcastle quayside | https://eventsofthenorth.com/event/41 |
| September | 3 | | Blyth Parkrun | | | | https://www.parkrun.org.uk/blythparkrun |
| | 11 | Sunday | | | Great North Run 1/2 marathon | In 2022 route reverts back to the famous course from Newcastle to South Shields. | https://www.gnr.co.uk/events/great-n |
| | 18 | | | Matfen 10K | | Scenic route around the country lanes around Matfen. | https://runnation.co.uk/r/Run-j |
| October | 2 | Sunday | | | Great Cumbrian Run (1/2 marathon) | A varied loop from Carlisle to outlying villages finishing with half a lap of the track. | https://www.cumbria.co.uk/register/bestof |
| | 16 | Sunday | | | Kielder 1/2 and full marathon | A tough but scenic trail route around the edge of Kielder water | https://eventsofthenorth.com/event/41 |
| | 23 | Sunday | | | Amsterdam 1/2 and Full marathon | Very flat and fast courses | https://www.tcamsterdammarathon.eu/ |
| | | | | | Castles 1/2 marathon Bamburgh | Undulating but very scenic course, get £2 off with discount code PONTRUNNERS22 for Ponteland Runners ONLY | https://runnation.co.uk/r/castles-half-2022 |
| November | 13 | Sunday | | Town Moor Memorial 10K | | Flat and fast course around the Town Moor, Newcastle | https://www.bestofthenorth.org.uk/2022 |
| December | 18 | 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 + 1x 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
- Trophies - The top man and woman get the club's trophies to display on their mantle piece for a year
- 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). Top 3's get a mini trophy to keep too.
- Maximum of 1 prize per person
- Committee reserves right to change the rules etc...

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