

Ponteland Runners Club Championship Races 2023							Web Link
Month	Date	Day	short 5 km	medium over 5k but less than 10 miles	long 10 miles or more	Details	
January	29	Sunday			Druridge Bay Trail half	Very scenic course on beach and in country park	<a href="https://p1lddeerevents.co.uk/north">https://p1lddeerevents.co.uk/north</a>
February	12	Sunday		Valentines 10K		2 laps of Newcastle Town Moor	<a href="https://runnation.co.uk/valentine">https://runnation.co.uk/valentine</a>
March	18th	Saturday	The River One			part of Parkrun Championship	
April	9	Sunday		North Tyneside 10K		very scenic route from North Shields Leisure Centre down to the fish quay then climbing up to Tynemouth before a lovely flat run to finish at St Mary's Lighthouse car park (buses return you to start). SOLD OUT	<a href="https://www.visitnorthyseaside.com/">https://www.visitnorthyseaside.com/</a>
	30	Sunday			Gateshead 1/2 marathon	A new race in 2021, 2 laps starting and finishing at Gateshead stadium with some scenic sections along the banks of the Tyne. 5 free places have already been drawn but you can get 20% off with code PONTELAND20	<a href="http://www.gatesheadhalf.com">www.gatesheadhalf.com</a>
May	7	Sunday		Sunderland 10K	Sunderland Half		<a href="https://eventstothnorth.com/event/">https://eventstothnorth.com/event/</a>
	13	Saturday	The Seaside One			part of Parkrun Championship	
	22	Sunday		Pier to Pier (about 6.7miles/10.7 km)		A memorial race for David Buffham. From South Shields pier to Roker pier along coastal paths and pavement. There will be a big club turn out.	<a href="https://my.raceresult.com/229573/">https://my.raceresult.com/229573/</a>
	28	Saturday			Edinburgh Half	A linear run from Edinburgh centre, down the Royal Mile to finish on the coast at Musselburgh	<a href="https://www.edinburghmarathon.co">https://www.edinburghmarathon.co</a>
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.	<a href="https://blaydon.race.co.uk/how-to-ent">https://blaydon.race.co.uk/how-to-ent</a>
	21	Wednesday		Newburn River Run (approx 10K)		A flat run along the banks of the Tyne with free supper and (not free) bar at the end	<a href="https://ebwairharnes.org.uk/category">https://ebwairharnes.org.uk/category</a>
	28?	Wednesday	Club 5K Summer handicap			club 5K route starting on Runnymede Road	
July	12			Stamfordham 10K		Scenic, undulating, downhill finish !	<a href="https://runnation.co.uk/run-northern">https://runnation.co.uk/run-northern</a>
August							
September	10	Sunday			Great North Run 1/2 marathon	On the famous course from Newcastle to South Shields.	<a href="https://www.greatrun.org/events/grn">https://www.greatrun.org/events/grn</a>
	30	Saturday	The Classic One			part of parkrun challenge - NEW DATE !!	
October	8	Sunday			Kielder 1/2 and full marathon	A tough but scenic trail route around the edge of Kielder water	<a href="https://race-nation.co.uk/register/bets">https://race-nation.co.uk/register/bets</a> <a href="https://eventstothnorth.com/event/">https://eventstothnorth.com/event/</a>
	15	Sunday			Hadrian's Wall Trail Half	A fun course over some difficult trails	<a href="https://p1lddeerevents.co.uk/hadrians">https://p1lddeerevents.co.uk/hadrians</a>
November	12	Sunday		Town Moor Memorial 10K		Flat and fast course around the Town Moor, Newcastle	<a href="https://theatonharrisers.org.uk">https://theatonharrisers.org.uk</a>
December	17	Sunday	Club 5K Xmas handicap			club 5K route starting on Runnymede Road	
<b>times converted into a score using WMA calculator</b>						<b>Your total score is now from 4 races - your best short + best medium +best long + your best from any other qualifying races</b>	

**The rules** - note entry is FREE to all members and automatic (please let us know if you don't want to take part)

- There are separate Club Championships for men and women
- Your best scores for 4 races count i.e. 1 x short + 1 x medium + 1 x long + any other qualifying race. Your times will be pulled out of the race results by searching for Ponteland in the "club" field so please include your club in your profile when signing up for races. For some races this may only be possible if you are an England Athletics member though this isn't compulsory to take part in the Club Championship. Contact details for help below

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.

For example suppose you ran a 5K in 20 minutes, if you are a 43 year old man the age standard for 5K is 14:00 (elite, would score 100%) so your score would be 14:00/20:00 = 70.0%, if you are a 43 year old woman the age standard is 15:28 so your score would be 15:28/20:00 = 77.3%. Experience from previous years is that shorter events tend to be scored more generously.

Here is a WMA score calculator- <http://www.howardgrubb.co.uk/athletics/wmaroad15.html>

4. Only open to First Claim Ponteland Runners Club Members, England Athletics Membership is not mandatory to take part but is recommended.

5. Only races entered in your own name count

6. In view of the continually changing race calendar races may be removed or added from the championship

7. Trophies - The top man and woman get the club's trophies to display on their mantlepiece for a year

8. The Prizes - Top 3 men, Top 3 women plus randomly drawn prize for anyone who completes 4 qualifying races (1x short+1 x med +1 x long). **New prizes for top 3 in men's age groups Senior/M30/M40/M50/M60/M70 and women's Senior/W30/W40/W50/W60/W70**

9. Maximum of 1 prize per person

10. Committee reserves right to change the rules etc...

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