

Ponteland Runners Club Championship Races 2024						
Month	Date	Day	Short	Medium	Long	Details
			5 km	Over 5k but less than 10 miles	10 miles or more	
January	28	Sunday			Druridge Bay Trail Half Marathon	Very scenic course on beach and in the country park https://wilddeerevents.co.uk/events/43/
February	11	Sunday		Valentines 10K		2 laps of Newcastle Town Moor https://runnation.co.uk/r/valentines10k-2024
March	9	Saturday	Parkrun Challenge CC#1			Part of Parkrun Championship - 'The Water One!'
	10	Sunday			Running GP Croft Motor Circuit Half Marathon	Enjoy the thrill of running a brand new course and racing your way to a new chip timed personal best on this smooth, traffic free, tarmac motor racing circuit! https://www.runthrough.co.uk/event/running-gp-croft-march-2024/
	31	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. https://theentrypoint.co.uk/events/north-tyneside-10k-road-race-2024-0P5AbekRYO73WEo
April	7	Sunday		Blyth 10k		The race is run from Blyth Quayside to Seaton Sluice and back, along public footpaths and cycle ways. The course is officially ratified; it's very flat and provides an excellent chance of fast times. https://blythrunningclub.org.uk/port-of-blyth-10k/
May	5	Sunday			Gateshead Half Marathon	2 laps starting and finishing at Gateshead stadium with some scenic sections along the banks of the Tyne. Some remaining 50% discount places available on a first come / first served basis. DM Gavin if interested. https://www.gatesheadhalf.com/
	12	Sunday		Sunderland 10K		One of the North's largest running events through the city and along the sea front, with two of its famous bridges providing a stunning backdrop https://sunderlandcity10k.com/
	19	Sunday		Pier to Pier (about 6.7miles/10.7 km)		From South Shields pier to Roker pier along coastal paths and pavement. https://my.raceresult.com/273193/
	26	Sunday			Edinburgh Full & Half Marathon	From Edinburgh centre, down the Royal Mile to finish on the coast at Musselburgh https://www.edinburghmarathon.com/halfmarathon
June	2	Sunday			Run Cumbria Solway Half Marathon	Gorgeous scenery in the Solway Coast Area of outstanding natural beauty from Anthon to Bowness-on-Solway. A fast, flat course -ideal for those looking to achieve a PB! https://www.letsdothis.com/gb/e/run-solway-marathon-and-half-marathon-2024-193720
	9	Sunday		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. Note the ballot entry system this year! https://www.theblaydonrace.co.uk/registration
	15	Saturday	Keswick Parkrun			Along the Keswick Railway Path. The day before Lakesman Tri for Lakesman participants or supporters! https://www.parkrun.org.uk/keswick/
	*19	Wednesday	Club 5K Summer handicap			Club 5K route starting on Runnymede Road. *Provisional date - TBC
July	2	Tuesday		Bridges of the Tyne 5 miles		Along the Tyne under 7 bridges. Now confirmed date. https://racebest.com/races/ka96/enter
	*3	Wednesday		Ovingham Pie n Peas 10K		1st mile downhill then downsteam alongside the Tyne to Wylam and then back upstream to Ovingham. *Expected date but still TBC
	13	Saturday	Parkrun Challenge CC#2			Part of Parkrun Championship - 'The Sunny One!'
August	18	Sunday			Lambton Castle 10 mile Trail	A superb summer trail event which will take place in the truly outstanding private grounds of the Lambton Estate, Chester-le-street. A fabulous event among some jaw-dropping scenery and, if you are lucky, some actual Wild Deers! 15% discount for Club Members. Use the discount code PONT15 (only for registered Pont Runners) https://wilddeerevents.co.uk/events/26/
September	8	Sunday			Great North Run Half Marathon	On the famous course from Newcastle to South Shields. https://www.greatrun.org/events/great-north-run/
	21	Saturday	Parkrun Challenge CC #3			Part of Parkrun Championship - 'The Earth One!'
October	6	Sunday			Kielder Half and Full Marathon	A tough but scenic trail route around the edge of Kielder water https://eventsofthenorth.com/event/kielder-marathon/
November	10	Sunday		Town Moor Memorial 10K		Flat and fast course around the Town Moor, Newcastle Event information to be published by Heaton Harriers
December	*18	Sunday	Club 5K Xmas handicap			Club 5K route starting on Runnymede Road. *Provisional date - TBC
Times converted into a score using WMA calculator						Your total score is now from 4 races - your best short + best medium +best long + your best from any other qualifying races

THE RULES - note entry is FREE to all members and is 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 + 1x 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.
- 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/wma>
- Only open to First Claim Ponteland Runners Club Members, England Athletics Membership is not mandatory to take part but is recommended.
- Only races entered in your own name count
- In view of the continually changing race calendar, races may be removed or added from the championship
- Note that the Club 5k Handicap run dates are provisional only and may be subject to change if circumstances dictate
- Similarly, the Parkrun Challenge dates may change if for any reason the selected dates cannot be achieved
- Trophies - The top man and woman get the club's trophies to display on their mantelpiece for a year
- 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 + one other qualifying race). Prizes for top men in age groups Senior/M30/M40/M50/M60/M70 and women in age groups Senior/W30/W40/W50/W60/W70
- Maximum of 1 prize per person
- NEW BONUS SCORING SYSTEM FOR 2024!!! To encourage participation in XC and Relays events, 3 bonus points will be awarded for each XC and Relay event attended in the 2024 Calendar Year, with a maximum number of 4 qualifying events (= maximum 12 bonus points). Although there will be a maximum of 4 qualifying events (any combination of XC and Relay events), this does not prevent you from attending and competing in every XC and Relay event should you wish to do so and help boost overall team performance!
- The Committee reserves right to change the rules etc...

Queries to Gavin Townsend - DM or email clubchamps@pontelandrunners.org.uk