

Ponteland Runners Club Championship Races 2025							Web Link
Month	Date	Day	Short 5 km	Medium Over 5k but less than 10 miles	Long 10 miles or more	Details	
January	26	Sunday			Druridge Bay Trail Half Marathon	Very scenic course on beach and in the country park	https://wilddeerevents.co.uk/events/100/druridge-bay-beach-trail-runs-2025/
February	16	Sunday		Valentines 10K		2 laps of Newcastle Town Moor	https://runnation.co.uk/r/valentines10k-2025
March	8	Saturday	Parkrun Challenge CC#1			Part of Parkrun Championship	
	16	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-motor-circuit-march-2025
April	6	Sunday		Port of 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://englandathletics.sport80.com/public/events
	26	Saturday	Parkrun Challenge CC#2			Part of Parkrun Championship	
May	4	Sunday			Gateshead Half Marathon	2 laps starting and finishing at Gateshead stadium with some scenic sections along the banks of the Tyne.	https://www.gatesheadhalf.com/
	11	Sunday		Sunderland City 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://www.sunderlandcity10k.com/
	18	Sunday		Pier to Pier (about 6.7miles/10.7 km)		From South Shields pier to Roker pier along coastal paths and pavement. Advertised as already SOLD OUT. Transfers possible until 17th May.	https://my.raceresult.com/733179/
	25	Sunday			Edinburgh Full & Half Marathon	From Edinburgh centre, down the Royal Mile to finish on the coast at Musselburgh	https://www.edinburghmarathon.com/
June	9	Monday		Blaydon Races (9.7K)		Starts at Quayside Newcastle then gans along the Scotswood road to Blaydon with a loop to add some mileage after crossing the river. Ballot entries now closed and successful applicants should have been informed!	https://www.theblaydonrace.co.uk/registration
	11	Wednesday	Club 5K Summer handicap			Club 5K route starting on Runnymede Road.	
	14	Saturday	Keswick Parkrun			Along the Keswick Railway Path. The day before Lakesman Tri for Lakesman participants or supporters!	https://www.parkrun.org.uk/keswick/
July	2	Wednesday		Ovingham Pie n Peas 10K		1st mile downhill then downstream alongside the Tyne to Wylam and then back upstream to Ovingham. Event date confirmed. Entry details to follow.	https://byondaleharriers.com/event/pie-n-peas-10k/
	8	Tuesday		Bridges of the Tyne 5 miles		Along the Tyne under 7 bridges.	Bridges of the Tyne 5 Mile Road Race
	10	Thursday	Sunderland Harriers 5k			A well-established road race located at Silksworth, catering to runners of all ages and fitness levels. The race is held over one of the fastest courses in the UK, making it perfect for those looking to achieve personal bests.	https://www.sunderlandharriers.org.uk/sunderland-5k-2025
	13	Sunday		Newcastle 10k	Newcastle Half Marathon	Both the Half Marathon & 10k are on road closed courses on beautiful countryside lanes around Newcastle Airport and Dinnington. The races start and finish at the Newcastle Falcons Rugby Union home ground – Kingston Park Stadium.	https://www.runthrough.co.uk/event/newcastle-half-marathon-10k-july-2025
	18	Friday	Newcastle Frontrunners Pride Run 5k			As entrants have increased, this event, which this year returns to Leazes Park, Newcastle, has morphed into the LGBT+5k Festival of Running. In recent years has been hosted on the opening night of Northern Pride Weekend.	https://www.newcastlefrontrunners.co.uk/gt5k-festival-of-running
August	6	Wednesday	Quayside 5k			A fast course along the Quayside, organisers promote that they are committed to helping all runners at all levels to achieve a PB with the help of PB Pacers who will run at a set pace from 20mins to 50mins. There is also an A Race for sub 20 minute competitors.	https://www.runthrough.co.uk/event/quayside-5k-unior-quayside-3k-august-2025
	17	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! For a 15% entry discount, use the code PRDC15	https://wilddeerevents.co.uk/events/172/lambton-castle-trail-runs-2025-5-10-or-15-miles/
	21	Thursday	Watergate 5k			Lobley Hill, Low Fell Runners	https://www.lowfellrunningclub.co.uk/pages/our-races-1/watergate-5km-race
September	7	Sunday			Great North Run Half Marathon	On the famous course from Newcastle to South Shields.	https://www.greatrun.org/events/great-north-run/
	21	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. Later in the year this time to allow for the completion of the Seafont Cycleway.	https://theentrypoint.co.uk/events/north-tyneside-10k-road-race-2025-cdy59382456470/
October	5	Sunday			Kielder Half and Full Marathon	A tough but scenic trail route around the edge of Kielder water	https://kielder-marathon.com/
	18	Saturday	Parkrun Challenge CC#3			Part of Parkrun Championship	
November	9	Sunday		Town Moor Memorial 10K	Run Durham Remembrance Day 10 miles	Flat and fast course around the Town Moor, Newcastle https://heatonharriers.org.uk/memorial-races/	https://runnation.co.uk/r/run-durham-hamsterley-10-mile-2025
	16	Sunday			Brampton to Carlisle 10 Miles	A challenging 10-mile race set in the scenic Hamsterley Forest. It features a hilly profile and designed as a single loop The oldest 10 mile road race in the United Kingdom - first completed in 1952. The course takes competitors from Brampton to Carlisle via the B6264 and is fast. Race date now confirmed and entries open	https://www.borderharriers.co.uk/road-race/
	30	Sunday			Run Northumberland BIG10	The North East's largest 10 miler, on the route around the village of Matfen. The 2 lap undulating route avoids the hills of the Matfen 10k that will be familiar to some.	https://runnation.co.uk/r/run-northumberland-big-10-mile-2025
December	22-31	Optional	Club 5K Xmas handicap			Club 5K route starting on Runnymede Road. Early news to allow you to plan ahead! Runners can record runs anytime between Monday 22nd and Wednesday 31st December and Matty will publish results from Strava records for the segment. Run as many times as you want and the fastest time will be included in the Club Champs.	
Times converted into a score using WMA calculator						Your total score is now from 4 races - your best short + best medium +best long + your leading 2nd best from short, medium or long race category	

- THE RULES** - note entry is FREE to all members and is automatic (please let us know if you don't want to take part)
- 1 There are separate Club Championships for Men and Women
 - 2 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.
 - 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 Here is a WMA score calculator- <http://www.howardgrubb.co.uk/athletics/wmar>
 - 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 Note that the Club 5k Handicap run dates are provisional only and may be subject to change if circumstances dictate
 - 8 Similarly, the Parkrun Challenge dates may change if for any reason the selected dates cannot be achieved
 - 9 Trophies - The top man and woman get the club's trophies to display on their mantelpiece for a year
 - 10 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
 - 11 Maximum of 1 prize per person
 - 12 **ENHANCED BONUS SCORING SYSTEM FOR 2025!!!** To encourage participation in XC and Relays events, 3 bonus points will be awarded for each XC and Relay event attended in the **2025 Calendar Year**, with a maximum number of 4 qualifying events for both XC and Relays (= maximum 24 bonus points). 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!
 - 13 The Committee reserves right to change the rules etc...

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