

Ponteland Runners Club Championship Races 2026							
Month	Date	Day	Short	Medium	Long	Details	
			5 km	Over 5k but less than 10 miles	10 miles or more		
January	17	Saturday		Newcastle 10k		This ROAD CLOSED courses take in the famous landmarks of the Newcastle Quayside passing the Swing Bridge and under High Level Bridge, Queen Elizabeth II Bridge, King Edward VII Bridge & Redheugh Bridge, before returning the same way. This is an extremely fast, flat course that boasts real PB potential, whilst being accessible to beginners. To kick start the year!	
	18	Sunday			York Brass Monkey 1/2 Marathon	A popular flat and fast course, looping southwards from the York Racecourse. For those who have not already been successful in entering, online person-to-person transfers can be completed until 23:59 on Sunday 7th December 2025.	
	25	Sunday		Druridge Bay Trail 10k	Druridge Bay Trail Half Marathon	Very scenic course on beach and in the country park. For both races, use the discount code PONT15 for a 15% reduction on the entry fee.	
February	15	Sunday		Valentines 10K		The event takes place in the open surroundings of Newcastle's Town Moor with an officially measured course and full Run Britain License. The traffic-free 5k course is on mainly tarmac paths around the Moor. Each person will complete 2 laps of this flat and fast course.	
March	7	Saturday	Parkrun Challenge CCF1 Riverside			Also part of the Parkrun Championship as well as a Club Champs event	
	15	Sunday	Running GP Croft Motor Circuit 5k	Running GP Croft Motor Circuit 10k	Running GP Croft Motor Circuit 10 miles	Enjoy the thrill of potentially racing your way to a new chip timed personal best on this smooth, traffic free, tarmac motor racing circuit! Choice of 3 distances included in this year's Club Champs, including the 'shorter' 10 mile long run	
	5	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. Returned to its earlier date after the completion of the Seafront Cycleway. Date provisionally confirmed.	
April	12	Sunday		Port of Blyth 10k		Fast and flat on road, footpath, promenade and cycle ways from Blyth Quayside to Seaton Sluice and return, providing an excellent chance of fast times. The 2026 event has been chosen by NECAA for their 10k road race championship!	
	19	Sunday		Pier to Pier (about 6.7miles/10.7 km)		From South Shields pier to Roker pier along coastal paths and pavement. Watch out for entries to open early in the New Year!	
	25	Saturday	Parkrun Challenge CCF2 Town Moor			Also part of the Parkrun Championship as well as a Club Champs event	
May	3	Sunday		Newcastle - Gateshead 10k	Newcastle - Gateshead Half Marathon	These ROAD CLOSED courses take in the famous landmarks of Gateshead including Gateshead Millennium Bridge, The Glasshouse International Centre for Music, BAL TIC, Tyne Bridge, Swing Bridge and finish in the iconic Gateshead International Stadium.	
	16	Saturday	Sunderland City 5k			Taking in the sights from the new Keel Crossing footbridge, the route will be fast and flat, perfect for first-time 5ks.	
	23	Saturday	Edinburgh 5k	Edinburgh 10k		Run in the stunning surroundings of Holyrood Park. Starting and finishing near Dynamic Earth, this route offers striking panoramic views of the city and Edinburgh Castle.	
	24	Sunday			Edinburgh Full & Half Marathon	From Edinburgh centre, down the Royal Mile to finish on the coast at Musselburgh	
June	3	Wednesday	Club 5K Summer handicap			Club 5K route starting on Runnymede Road. Followed by Club AGM. Date may be subject to change.	
	9	Tuesday		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. Entries for the 44th Blaydon Race in 2026 will open at 07:00 on the 6th February 2026. You will be able to enter the ballot until 10:00 on the 11th February 2026.	
	20	Saturday	Keswick Parkrun			Along the Keswick Railway Path. The day before Lakesman Tri for Lakesman participants or supporters!	
	30	Tuesday		Bridges of the Tyne 5 miles		Along the Tyne under 7 bridges. A fast PB potential course.	
July	1	Wednesday		Ovingham Pie n Peas 10K		1st mile downhill then downstream alongside the Tyne to Wylam and then back upstream to Ovingham. Event date now confirmed by organiser	
	9	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.	
	12	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.	
	24	Friday	Newcastle Frontrunners Pride Run 5k			In Leazes Park, Newcastle, this event has morphed into the LGBT+5k Festival of Running. In recent years has been hosted on the opening night of Northern Pride Weekend.	
August	5	Wednesday	Quayside 5k	Quayside 10k		Fast courses 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.	
	16	Sunday		Lambton Castle 5 mile Trail	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! The 5-mile course is mixed terrain. The 10-mile course is moderately undulating with woodland, open fields, and estate roads. For both races, use the discount code PONT15 for a 15% reduction on the entry fee.	
	20	Thursday	Watergate @ Whitehills 5k			The popular Low Fell Runners' Watergate 5KM race is temporarily moving to Whitehills Nature Park, Gateshead this year because of renovation works in Watergate Park.	
	23	Sunday			Matten Jelly Tea 10 Miles	Fantastic 10 Mile running race, including a Jelly Tea (sandwich and jelly!) New course anti-clockwise from Matten via High House Farm, Stamfordham and Fenwick - very scenic and reasonably flat. Organiser has now confirmed date.	
September	11	Friday	Great North 5k			Curtain-raiser event for the Great North Run Weekend. Fun, flat 5k dash around Newcastle and Gateshead's vibrant Quayside packed with phenomenal local support and entertainment.	
	13	Sunday			Great North Run Half Marathon	On the famous course from Newcastle to South Shields. No more words needed!	
October	4	Sunday			Kielder Half and Full Marathon	A tough but scenic trail route around the edge of Kielder water	
	17	Saturday	Parkrun Challenge CCF3 Tyne Green			Also part of the Parkrun Championship as well as a Club Champs event	
November	8	Sunday		Town Moor Memorial 10K		Flat, fast and popular course around the Town Moor, Newcastle.	
	15	Sunday			Brampton to Carlisle 10 Miles	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.	
	29	Sunday			Run Northumberland BIG10	The North East's largest 10 miler, on the route around the village of Matten. The 2 lap undulating route avoids the hills of the Matten 10k that will be familiar to some.	
December	24-31	Optional	Club Xmas 5K			Club 5K route starting on Runnymede Road. Early news to allow you to plan ahead! As per last year, Runners can record runs between 24th-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)

- 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 Here is a WMA score calculator-
<http://www.howardgrubb.co.uk/athletics/wmar>
- 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 and Xmas 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
- ENHANCED BONUS SCORING SYSTEM CONTINUED FOR 2026!!!** To encourage participation in XC and Relays events, 3 bonus points will be awarded for each XC and Relay event attended in the **2026 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!
- The Committee reserves right to change the rules etc...

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