

NSRRA PROGRAMME OF LEAGUE RACES FOR 2009

No.	Date	Time	Event	Organiser
1.	Sun 1 Feb	11:00	Alsager 5	Grassroots Running
2.	Sun 8 Mar	10:30	Stafford 20	Stafford 20 Race Committee
3.	Sun 15 Mar	10:30	Stafford Half Marathon	Stafford Borough Council
4.	Sun 19 Apr	11:00	Newcastle 7	Newcastle AC
5.	Sun 3 May	11:00**	Uttoxeter Half Marathon	Uttoxeter RRC
6.	Wed 6 May	19:00	Clayton 10K	Hassall CP School
7.	Sun 10 May	09:30**	South Cheshire 20	South Cheshire Harriers
8.	Sun 7 Jun	09:30	Westbridge 5	Stone MM
9.	Sun 14 Jun	10:30	Potters 'Arf Marathon	Potteries Half Marathon Promotions
10.	Sun 21 Jun	10:00	Stone St. Michael's 10K	Chris Barlow(CB Races)
11.	Tue 7 Jul	19:30	Berryhill 10K	City of Stoke AC
12.	Sun 12 Jul	10:30**	Cheadle 4	Cheadle RC
R1	Thu 16 Jul	19:00	JCB Lakeside 5	JCB Lakeside Club
13.	Sun 19 Jul	10:30	Trentham 10	Trentham RC
14.	Sun 9 Aug	11:00	Meerbrook 15K	SMAC
15.	Wed 12 Aug	19:15	Staffs Knot 5	Stafford Harriers
R2	Tue 18 Aug	19:10	Hanley Park 5K (Reserve)	City Parks Race Committee
16.	Sun 30 Aug	11:00	Leek Half Marathon	Staffs Moorlands AC
17.	Sun 6 Sep	09:30	Wolverhampton Marathon	Carvers & W'ton & Bilston AC
18.	Sat 12 Sep	15:30	Ipstones 5	NSRRA & Fire Service
19.	Sun 11 Oct	09:30	Congleton Half Marathon	Congleton Harriers
20.	Sun 1 Nov	11:00**	Flying Fox 10	Stone MM

- a) In each event the 1st, 2nd, 3rd, 4th, 5th, etc. in each Group and Age Group receives 50, 49, 48, 47, 46 etc. points. Your best 12 performances count in the League and Age Group competitions; **and you must complete at least six events to be considered for a group award.** There are also awards for those who complete all 20 races. Reserve Races will count if a listed race in each section is lost due to cancellation, etc.
- b) There are GROUP PRIZES at the Ipstones 5 and GROUP AWARDS in races marked ** (numbers 5, 7, 12 and 20). The awards are presented at the finishing line to the first in each Group PROVIDED he/she is wearing his/her GROUP LETTER.
- c) This year, the Vernon Olivant memorial awards will be awarded to the first finishers from groups C and M at the Westbridge 5.
- d) Please report any omission or error in published race results to our statistician, Paul Clinton, paul.clinton@tiscali.co.uk
- e) Race Behaviour and Safety: Respect the rights and needs of other road users. Warm up off the roads whenever possible; keep off the roads until asked to line up for the start; then throughout the race keep well to the left unless directed to do otherwise by marshals/police. Do not wear MP3 or other music players during any race. Always have regard for your own safety and well-being and for the rights and well-being of other road users and pedestrians.
- f) Corrections and queries to Pete Doyle, Fixture Secretary, pete.doyle@laheen.com or 07973 906911.

Please keep this sheet for reference and update it if any amendments are reported. You **MUST** declare your NSRRA number when entering any of the races listed above - do so even if **YOU** are "not bothered" about winning points. Wear your **GROUP LETTER** on your back in all 22 races; failure to do so may lead to penalties - i.e. deduction of points.

(Version 1.2 - 10/03/09) Westbridge 5 now starts at 9:30am, Trentham 10 change of Date NOW 19th July at 10.30