

## NSRRA PROGRAMME OF LEAGUE RACES FOR 2020

1.	Sun 02nd	Feb	11:00	Alsager 5	Grassroots Running	pre-enter
2.	Sun 16th	Feb	10:00	Rugeley 10 mile	Rugeley Running Club	
3.	Sun 08 <sup>th</sup>	Mar	10:30 **	Knighton 20	Knighton 20 Race Committee	
4.	Sun 22 <sup>nd</sup>	Mar	10:00	Newcastle 10k	Newcastle A.C.	pre-enter
5.	Sun 12 <sup>th</sup>	April	10:15	South Cheshire 10k	South Cheshire Harriers	pre-enter
6.	Sun 03 <sup>rd</sup>	May	10:30	Uttoxeter Half Marathon	Uttoxeter RR	
7.	Wed 06 <sup>th</sup>	May	19:15**	Clayton 10k	Blythe Bridge Running Club	
R1.	Wed 20 <sup>th</sup>	May	19:15	Stone 5 mile	MH Races	
8.	Sun 07 <sup>th</sup>	June	09:30	Westbridge 5	Stone Master Marathoners	pre-enter
9.	Sat 20 <sup>th</sup>	June	10:00	Meerbrook 15k	MH Races	
10.	Sun 28 <sup>th</sup>	June	10:00	Stone St Michaels 10k	CB Races	pre-enter
11.	Sun 12 <sup>th</sup>	July	10:30	Cheadle 4	Cheadle Running Club	
12.	Wed 22 <sup>nd</sup>	July	19:15	Staffs Knot 5 mile	Stafford Harriers	
13.	Sun 02 <sup>nd</sup>	Aug	10:30	Trentham 10k	Trentham Running Club	
R2.	Thur 13 <sup>th</sup>	Aug	19:15	Dave Clarke 5k	Trentham Running Club	
14.	Sun 16 <sup>th</sup>	Aug	10:00	Leek Half Marathon	MH Races	
15.	Sun 06 <sup>th</sup>	Sept	09:30 **	South Cheshire 20	South Cheshire Harriers	
16.	Sun TBC		10:30	St Thomas 10k	St Thomas Race Committee	
17.	Sat 19 <sup>th</sup>	Sept	15:30	Ipstones 5 Ish	NSRRA	
18.	Sun 04 <sup>th</sup>	Oct	09:30	Congleton Half Marathon	Congleton Harriers	pre-enter
19.	Sun 11 <sup>th</sup>	Oct	10:30	Werrington 10k	Trentham Running Club	
20.	Sun 01 <sup>st</sup>	Nov	10:30 **	Flying Fox 10 mile	Stone Master Marathoners	

In each event the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 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; **Min of 6 events must be completed to be considered for an end of season group award.** There are also awards for those who complete all 20 races. Reserve Races will count for points if a listed race in each section is lost due to cancellation. R1 and R2 will count if any of 1-10 or 11-20 respectively is cancelled. Races marked pre-enter are likely to be full prior to race day so early entry is advised.

a) There are **GROUP AWARDS** in races marked \*\* (numbers 3, 7, 15, and 20). Group winners are informed at the finish if they have won an award but it is not given there. It is hoped that winners will attend the post race prize giving where possible in order to receive it. **GROUP LETTER MUST BE WORN TO QUALIFY. No exception.**

b) The regular memorial awards will be given to Group Winners as shown, in the races listed below

c) Award	Men's Group	Ladies Group	Race
Ann Nowicki	D	X	Alsager 5
Vernon Olivant	C	M	Stone St. Michael's 10K
David Barlow	B	W	Congleton Half Marathon
George Kay	A	L	Knighton 20 mile
Derek Evans	Best performance by 'Compleat' runner		

d) Please report any omission or error in published race results to our statistician, Paul Clinton, paul.clinton@btinternet.com

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. N.B. Wearing of such devices could lead to disqualification. Always consider your own safety and well-being and the rights, safety and well being of other road users. Some races are now invoking disqualification for offenders. Be warned!!!**

f) Corrections and queries to Alan Lewis, Fixture Sect [alan.lewis563@gmail.com](mailto:alan.lewis563@gmail.com) tele:01538 754208

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, **INCLUDING INTERNET ENTRIES** - 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

**A. Lewis Oct 2019**