

NSRRA PROGRAMME OF LEAGUE RACES FOR 2020

1.	Sun 02nd	Feb	11:00	Alsager 5	Grassroots Running	pre-enter
2.	Sun 08 th	Mar	10:30 **	Knighton 20	Knighton Race Committee	
3.	Sun 22 nd	Mar	10:00	Newcastle 10k	Newcastle A C	pre-enter
4.	Sun 12 th	April	10:15	South Cheshire 10k	South Cheshire Harriers	pre-enter
5.	Sun 03 rd	May	10:30	Uttoxeter Half Marathon	Uttoxeter RR	
6.	Wed 06 th	May	19:15 **	Clayton 10k	Blythe Bridge Running Club	
R1	Wed 20 th	May	19:15	Stone 5 mile	Stone Race Committee	
7.	Sun 07 th	June	09:30	Westbridge 5	Stone Master Marathoners	pre-enter
8.	Sat 20 th	June	10:00	Meerbrook 15k	Meerbrook Race Committee	
9.	Sun 28 th	June	10:00	Stone St Michaels	CB Races	pre-enter
10.	Sun 12 th	July	10:30	Cheadle	Cheadle Running Club	
11.	Sun 19 th	July	10:30	St Thomas 10k	St Thomas Race Committee	
12.	Wed 22 nd	July	19:15	Staffs Knot 5 mile	Stafford Harriers	
13.	Sun 26 th	July	10:00	Rugeley 10 mile	Rugeley Running Club	
14.	Sun 02 nd	Aug	10:30	Trentham 10k	Trentham Running Club	
R2	Thur 13 th	Aug	19:15	Dave Clarke 5k	Trentham Running Club	
15.	Sun 16 th	Aug	10:00	Leek Half Marathon	Leek Half Race Committee	
16.	Sun 06 th	Sept	09:30 **	South Cheshire 20	South Cheshire Harriers	
17.	Sat 19 th	Sept	15:30	Ipstones 5 ish	NSRRA	
18.	Sun 04 th	Oct	09:30	Congleton Half Marathon	Congleton Harriers	pre-enter
19.	Sun 11 th	Oct	10:30	Werrington 10k	Trentham Running Club	
20.	Sun 01 st	Nov	10:30 **	Flying Fox 10 mile	Stone Master Marathoners	

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; **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 2, 6, 16, 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 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