NSRRA PROGRAMME OF LEAGUE RACES FOR 2021

1.	Sun 7th Feb	11:00	Alsager 5	Grassroots Running	
2.	Sun 21st Feb	10:00	Potters Arf 10 Mile	Potters 10 Mile Race Committee	
3.	Sun 14th Mar	10:30	Knighton 10K	Knighton 20 Race Committee	
4.	Sun 4th April	10:15	South Cheshire 10k	South Cheshire Harriers	pre-enter
5.	Sun 2nd May	10:30 **	Uttoxeter Half Marathon	Uttoxeter RR	
6.	Wed 12th May	19:15	Clayton 10k	Blythe Bridge R.C	
7.	Sun 6th June	09:30 **	Westbridge 5	Stone M.M...	pre-enter
8.	Sun 27th June	10:00	Stone St Michaels 10k	CB Races	Pre enter
09.	Sun 11th July	10:30	Cheadle 4	Cheadle RC	
10.	Sun 18th July	10:30	St Thomas 10k	St Thomas Race Committee	
11.	Wed 21st July	19:15	Staffs Knot 5 Mile	Stafford Harriers	
12.	Sun 1st Aug	10:30	Trentham 10k	Trentham Running Club	
13.	Sun 8TH Aug	10:00	Newcastle 10k	Newcastle (Staffs) AC	
R2	Thu 12th Aug	19:15	Dave Clarke 5k	Trentham RC	
14	Sun 15th Aug	10:00	Leek Half Marathon	Leek Half Race Committee	
R1.	Wed 25th Aug	19:15	Lymphoma Stone 5	Stone Race Committee	
15.	Sat 28th Aug	15:30	Ipstones 5ish	NSRRA	
16.	Sun 5th Sept	09:30	South Cheshire 20**	South Cheshire Harriers	
17	Sun 3rd Oct	09:30	Congleton Half Marathon	Congleton Harriers	PRE ENTER
18	Sun 10th Oct	10:30	Werrington 10k	Trentham RC	
19	Sun 7th Nov	10:30**	Flying Fox 10 Mile	Stone Master Marathoners	
20	Sat 20th Nov	10:00	Meerbrook15k	Meerbrook Race Committee	

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; **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.R1and 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.

b) There are **GROUP AWARDS** in races marked ** (numbers 6, 8, 16, and 20). **N.B. Winners will be informed at the finish that they have won their group but MUST, if possible, attend the event prize giving to receive their award. GROUP LETTER MUST BE WORN to qualify for one of these new extra special collector's items.**

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

d)

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	South Cheshire 20
Derek Evans	Best performance by 'Compleat' runner		

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

f) 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!!!**

g) 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 Nov 2020**