



Newcastle Frontrunners  
Gosforth Pool  
Regent Farm Road  
Gosforth Newcastle upon Tyne  
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## **NFR GRAND PRIX – RULES**

Note: The aims of the Grand Prix competition are to give members experience in races and running events, and to raise the profile of the club in the running community. To this end, it is desirable for members to wear club kit in races and enter under the club name. However, neither wearing of kit nor use of the club name are essential to gain points, as we believe in free choice – though please note that in some official UKA races where runners are entered as 1st-claim members of a club, under UKA rules they may be disqualified for failure to wear a club vest or t-shirt.

1. Only fully paid-up members of the club can earn points in the Grand Prix. People who become full members part-way through the competition can earn points from the date of entry onwards.
2. In the case of official UKA-registered races, the members must have a valid entry. They are allowed to use a number transferred from another runner under the official rules. If running under another person's number that was not officially transferred and notified to the organizers, no points can be awarded.
3. Members only receive points for taking part in races/runs on the official Grand Prix Schedule.
4. It is clearly stated for each event whether points are being awarded for participation as a runner or as an official/volunteer. When it is exclusively a running or a volunteering event, points will not be awarded other than for the nominated participation status. To opt out of the Grand Prix you must do so in writing to [training@Newcastlefrontrunners.co.uk](mailto:training@Newcastlefrontrunners.co.uk)
5. Members qualify for points whether or not they enter as Newcastle Frontrunners, so long as there is evidence of them completing the race. For parkrun, we can easily collate NFR runners if they are registered with parkrun as NFR on parkrun's system. Members who are not registered under the club name must forward their result email from parkrun in order to qualify for points. Send to [training@Newcastlefrontrunners.co.uk](mailto:training@Newcastlefrontrunners.co.uk) within 1 week of the run.
6. Finishing position in a run does not affect the points awarded.
7. If a race or parkrun on the schedule is subsequently cancelled the following applies:
  - If cancelled more than a month ahead, and if refunds are offered by the organisers to those who already entered, a suitable alternative around the same date will be sought and published or a club handicap will be arranged.
  - In case of a cancellation less than a month before, or no refunds being offered, a club handicap will be arranged on the same date.