



NFR Grand Prix 2018

Welcome to Newcastle Fronrunner's 5th Grand Prix event, with a range of events taking place throughout 2018. Last year we saw 125 runners taking part in at least one event throughout the year, so this year we're hoping to go even bigger! Points are awarded solely for participation, so to score points you just need to turn up and run (or volunteer in some cases)

Most of the Grand Prix events for 2018 are parkruns or NFR handicap runs, which are free! The inclusion of our handicap runs as Grand Prix events follows the positive feedback we've received over the past two years, as well as seeing an increase in participation for our handicaps. For all NFR Handicap events, points are awarded for runners AND volunteers.

parkruns require runners to register prior to participating. Once registered you can participate in any parkrun. It is necessary to print off your bar code and present at the end of each parkrun, or your run will not be registered. All parkruns start at 9am (with the exception of New Years' Day – see below!) and are 5K in distance. Full details at <http://www.parkrun.org.uk/register/>

Happy Running!

JANUARY 2018 (4 events)

Monday 1st January – Resolution Run (10K)

7 Points

Start time 11 am. Entries on the day from 09:30 in the Boat House in Exhibition Park

OR

Parkrun Double (only available on New Year's Day!)

7 Points

9:00am at Newbiggin-by-the-Sea Parkrun <http://www.parkrun.org.uk/newbigginbythesea/>

10:30am at Druridge Bay Parkrun <http://www.parkrun.org.uk/druridgebay/>

Saturday 13th January – Sunderland Parkrun

5 Points

<http://www.parkrun.org.uk/sunderland/>

Sunday 21st January – Wynyard Woodland 5k Trail Race

5 Points

<https://events.stockton.gov.uk/stockton-winter-5k-trail-series/>

FEBRUARY 2018 (3 events)

Saturday 3rd February – Windy Nook Parkrun **5 Points**

<http://www.parkrun.org.uk/windynook/>

Wednesday 14th February – NFR Handicap – Town Moor **3 Points**

Sunday 18th February – Valentine's 10k **7 Points**

<https://www.runnation.co.uk/race/run-newcastle-valentines-10k/>

MARCH 2018 (3 events)

Saturday 10th March – Hackworth Parkrun 5th Anniversary **5 Points**

<http://www.parkrun.org.uk/hackworth/>

Sunday 25th March – Inaugural Dishforth Dash 10K **7 Points**

<https://www.runbritain.com/RaceDetail.aspx?eventid=7bbd09cb5e6c&raceid=75bc09cf5e69>

Saturday 31st March – Flatts Parkrun **5 Points**

<http://www.parkrun.org.uk/flattslane/>

APRIL 2018 (3 events)

Wednesday 11th April – NFR Handicap – Town Moor **3 Points**

Saturday 14th April – Cragside 10K **7 Points**

<https://www.runnation.co.uk/race/run-northumberland-cragside-10k/>

Saturday 21st April – South Shields Parkrun 5th Anniversary **5 Points**

<http://www.parkrun.org.uk/southshields/>

MAY 2018 (4 events)

Saturday 5th May – Whitley Bay Parkrun **5 Points**

<http://www.parkrun.org.uk/whitleybay/>

Wednesday 9th May – NFR Handicap – Town Moor **3 Points**

Saturday 19th and Sunday 20th May – Liverpool Rock and Roll Marathon Series **10 Points**

<http://www.runrocknroll.com/liverpool/register/> (10 points for 5k, HM and M)

OR

Sunday 20th May – Pier 2 Pier 7.5 Miles **7 Points**

<http://my2.raceresult.com/85289/>

JUNE 2018 (3 events)

Saturday 9th June – Albert Park Parkrun 10th Anniversary **5 Points**

<http://www.parkrun.org.uk/albert/>

Wednesday 13th June – NFR Handicap – Town Moor **3 Points**

Saturday 23rd June – Blackhill Parkrun **5 Points**

<http://www.parkrun.org.uk/blackhill/>

JULY 2018 (4 events)

Saturday 7th July – “Parkrun Free-for-all Extravaganza!” **5 Points**

(Run at ANY Parkrun, and get 5 Points)

Wednesday 11th July – NFR Handicap – Town Moor **3 Points**

Friday 20th July NFR LGBT 5K – Run or Volunteer **5 Points**

Saturday 28th July – Gateshead Parkrun **5 Points**

<http://www.parkrun.org.uk/gateshead/>

AUGUST 2018 (5 events)

Saturday 4th August – Newcastle Parkrun **5 Points**

<http://www.parkrun.org.uk/newcastle/>

Wednesday 8th August – NFR Handicap – Town Moor **3 Points**

Saturday 18th August (Provisional Date) Glasgow OUTrun **10 Points**

OR

Sunday 19th August – Trail Outlaws Branches and Bay 10K **7 Points**

<https://urbantrails.co.uk/branches-and-bays.php>

Wednesday 22nd August (Provisional Date) Quayside 5K **5 Points**

SEPTEMBER 2018 (3 events)

Saturday 1st September – Gibside Parkrun – Run/Volunteer

5 Points

<http://www.parkrun.org.uk/gibside/>

Wednesday 12th September – NFR Handicap – Town Moor

3 Points

Sunday 30th September – Pieces of 8 10K

7 Points

<https://www.tickettailor.com/checkout/view-event/id/115333/chk/d1e8>

OCTOBER 2018 (3 events)

Saturday 6th and Sunday 7th October – Kielder 10K, HM & M

10 Points

<http://kieldermarathon.com/10k/>

Wednesday 10th October – NFR Handicap – Town Moor

3 Points

Saturday 20th October – Hartlepool Parkrun

5 Points

<http://www.parkrun.org.uk/hartlepool/>

