



# Grand Prix 2020

Welcome to the 7<sup>th</sup> Year of our Grand Prix Events.

We have a mixture of local parkruns, 5K,10K, Half Marathon distance road races, Trail runs, and runs of funny distances... We will be supporting a number of LGBT events hosted by neighbouring Frontrunner clubs and other local LGBT organisations. We have included a number of runs hosted by local running clubs, as they always support our LGBT Festival of running enthusiastically ...And of course we have our (ever popular) Wednesday events on the Town Moor or the Quayside.

We have had some difficulty choosing between events on some occasions, and there may be two events in a single weekend....there's nothing to stop you participating in both but you'll only get points for one I'm afraid!

As always points are awarded for participation. With points for volunteering at our own hosted events

We hope you enjoy the varied mix of events we have picked and look forward to seeing large numbers of NFR vests at every event!!

**Kris Bailey – on behalf of your NFR Committee**

## **JANUARY**

### **Wed 1<sup>st</sup> Jan 2020 – parkrun Double.**

Kick off the New Year with any local parkrun double (eg Newbiggin/Druridge Bay, Blackhill/Prudhoe, Chester-le-Street/Herrington)... Be sure to notify us and send photos of your runs so we can award points **7 points**

### **Sun 12<sup>th</sup> Jan 2020 –Marsden Winter Trail Series 2.7K/5K**

Marsden, White Horse Pub – postcode NE34 7QZ. Register on the day from 0855 at the White Horse Pub <http://runeatsleep.co.uk/wintertrails2019/> **5 points**

## **FEBRUARY**

### **Sun 2<sup>nd</sup> Feb 2020 – Close House Trail 10K**

Close House & Derwent Reservoir, Great Britain <https://www.resultsbase.net/event/5131>  
**5 points**

### **Sun 16<sup>th</sup> Feb 2020 – Run Newcastle Valentines 5K/10K/couple's relay**

The Annual valentines day run on the town Moor. Couples can enter to run 5K each and register as a relay team <https://runnation.co.uk/r/valentines5k-2020>  
**5 points**

### **Sat 29<sup>th</sup> Feb 2020 – North East Harriers League, Alnwick**

The last cross country fixture of the year... there will be cake!  
**5 points**

### **Or Sun 1<sup>st</sup> March – Derwent Reservoir 5K/10M Trail Run**

<https://wilddeerevents.co.uk/10k-trail-run-derwent-reservoir/>  
**5 points**

## **MARCH**

### **Wed 11<sup>th</sup> March – NFR Handicap 5K**

The welcome return of our club handicap 5K on the Town Moor.

Points for volunteering or running  
**3 points**

### **Sat 21<sup>st</sup> March – Blyth Links parkrun**

Blyth Links, Blyth, Northumberland, NE24 3PG  
**5 points**

### **Sun 29<sup>th</sup> March – Hartlepool Marina 5M**

<https://www.runbritain.com/RaceDetail.aspx?eventid=75b507c05e51&raceid=7cb80fcc596a>  
**5 points**

## **APRIL**

### **Fri 10<sup>th</sup> April (Good Friday) – Mermaid 10K, Marske**

<https://www.runbritain.com/RaceDetail.aspx?eventid=75b50ac95958&raceid=78bc09cc5964>  
**5 points**

### **OR Sun 12<sup>th</sup> April (Easter Sunday) – Gateshead Half Marathon**

The inaugural Gateshead Half Marathon, Finishing in Gateshead Stadium  
<https://www.gatesheadhalf.com/event/gateshead-half-marathon-2020/>  
**7 points**

**Sun 19<sup>th</sup> April 2020 –Chase the Kite 10K Trail run**

Swalwell Juniors Football Club Derwenthaugh Park/Spa Well Rd, Blaydon-on-Tyne NE21 6JA [https://www.sientries.co.uk/event.php?elid=Y&event\\_id=6331](https://www.sientries.co.uk/event.php?elid=Y&event_id=6331)

**5 Points**

**Sat 25<sup>th</sup> April –Prudhoe Riverside parkrun**

Tyne Riverside Country Park, Station Road, Prudhoe, Northumberland, NE42 6NP

**5 points**

**MAY**

**Sat 9<sup>th</sup> May 2020 – Raby Castle 5K/10K**

5K and 10K events through the Deer Park against the fabulous backdrop of the Castle  
<https://teesdaleac.com/raby-race/>

**5 points**

**Wed 13<sup>th</sup> May 2020 –NFR Quayside Out and Back**

A popular addition to our programme introduced last year. A time limited run along the quayside, pace and distance to suit individual members. Points for running or volunteering

**3 points**

**Sun 17<sup>th</sup> May 2020 – Pier to Pier (Sunderland)**

The run starts on the beach at South Shields Pier and follows a superb scenic route along the cliff paths past Marsden Rock and Souter Lighthouse. It rejoins the beach at Whitburn and finishes at Roker Pier in Sunderland.

<https://my.raceresult.com/141844/registration?lang=en>

**5 points**

**Sat 23<sup>rd</sup> May 2020 – Windy Nook parkrun**

5k parkrun - small and friendly parkrun, expect a few hills and steps, all worth it for the post-run coffee and cake. Plan to arrive early as it is a 5 min walk from the parking to the start.

**5 points**

**Fri 29<sup>th</sup> May 2020 – TBC –Northumberland Pride 5K**

Date TBC but likely to be held on a Friday evening in Alnwick the weekend of Northumberland Pride. Small and friendly event in 2019.

**7 points**

## JUNE

### Wed 10<sup>th</sup> June 2020 – NFR Handicap 5K

Our timed 5K on the Town Moor. Points for running or volunteering

**3 points**

### Wed 17<sup>th</sup> June 2020 (TBC) – Newburn River Run 6M

Organised by Elswick Harriers. Midweek (Wednesday evening) summer 6 miler using riverside paths between Newburn and Wylam.

**NOTE – Our usual Wednesday club run will be cancelled on this day**

**5 points**

### Fri 19<sup>th</sup> June 2020 (TBC) – Edinburgh Pride 5K

Organised by Edinburgh Frontrunners. Friday evening 5k at the Meadows Edinburgh followed by a EFR social evening and Edinburgh Pride weekend

**7 points**

### OR Sat 20<sup>th</sup> June 2020 – Rising Sun parkrun

Flat course on good trail paths around leafy Rising Sun Country Park, Benton, with post-run café and good scones!

**5 points**

### Thurs 25<sup>th</sup> June 2020 (TBC) –Angel View 10K

Low Fell running club. Friendly summer evening (usually Thursday) 10k run on undulating course on trail paths with views of the Angel of the North and post-run presentations and refreshments in the Angel View Inn <https://www.lowfellrunningclub.co.uk/pages/our-races-1>

**5 points**

## JULY

### Sat 4<sup>th</sup> July 2020 – Hamsterley Forest HM/M/Relay

Four Lap Marathon; Two Lap Half Marathon; Four Lap Marathon Relay - beautiful route run entirely on Forestry Commission land in Hamsterley Forest. Quite hilly but suitable for road shoes.

<http://www.northeastmarathonclub.co.uk/Hamsterley-Forest.php>

**7 points**

### Wed 8<sup>th</sup> July – NFR Quayside Out and back

A popular addition to our programme introduced last year. A time limited run along the quayside, pace and distance to suit individual members. Points for running or volunteering

**3 points**

### Fri 17<sup>th</sup> July 2020 – NFR LGBT Festival of running

### Sat 25<sup>th</sup> July 2020 – Herrington parkrun

The course is at Herrington Country Park, Houghton-Le-Spring. The course is run entirely on trail paths.

**5 points**

## AUGUST

### Sat 8<sup>th</sup> Aug 2020 (TBC) – Gateshead Trail 10K

The Gateshead Trail 10k that winds through the Derwent Walk Country Park is a fast, fun, and scenic race, with only a few inclines. It is a race that is suitable for all levels of runner. Mid-race you will find the race has a section of the route that doubles up creating a fantastic social element. Thanks to the rangers all the paths are also well maintained so although it is a trail race the 'off road' sections of path are hard packed and easy to run on. Essentially its a great introduction to world of trail running, away from the busy roads amongst scenery.

<https://www.gatesheadtrail10k.com/>

5 points

### Sat 15<sup>th</sup> Aug 2020 (TBC) – Glasgow OTRUN

<http://glasgowfrontrunners.org/outrun/>

A popular trip to support our sibling club. Always a sociable weekend, with a legendary ceilidh....Oh and a picturesque 5M run

7 points

### OR Sun 16<sup>th</sup> Aug 2020 (TBC) --Run Durham Dalton Park Summer 10k 2019

<https://www.runbritain.com/RaceDetail.aspx?eventid=79b809c8595d&raceid=7cbc0cce596d>

Seaham SR7 9HU

5 points

### Sat 29<sup>th</sup> Aug 2020 – Chopwell Woods parkrun

We've heard rumours that another new parkrun will be up and ready to go .... If not then another local scenic favourite will take it's place (?Gibside)

5 points

## SEPTEMBER

### Wed 9<sup>th</sup> Sept 2020 – NFR Handicap 5K

Our timed 5K on the Town Moor. Points for running or volunteering

3 points

### Sat/Sun 11<sup>th</sup>/12<sup>th</sup> Sept 2020 – Great North Run Weekend

Not a grand prix event...but plenty of activities!!

### Sat 18<sup>th</sup> Sept 2020 – Leazes parkrun

A 3 lap route around Leazes park <https://www.parkrun.org.uk/leazes/>

5 points

### Sun 27<sup>th</sup> Sept 2020 (TBC) – Redcar running festival HM/10K/5K

This is the date that is given at [www.runbritain.com](http://www.runbritain.com). "The Half Marathon has a potentially fast course given the right conditions. With a start that takes you along Majuba Road on to the Trunk

Road and returning to head off towards Marske before returning to finish on the promenade passed 'Tuned In'." "The 5K also has a potentially fast course given the right conditions. Using the same start line as the Half Marathon but heading past the Beacon towards Marske and turning just before the Zebra crossing to finish on the promenade passed 'Tuned In'." "The 10K follows the same course as the 5K but carries further on toward Marske turning at Bydales school." **7 points**

**OCTOBER**

**Sun 4<sup>th</sup> Oct 2020 – Penshaw 10k**

Part of the urban trail series – a challenging 10K route....maybe with a small hill!

<https://urbantrails.co.uk/penshaw-10k>

**5 points**

**Sat 10<sup>th</sup> Oct 2020 – Jesmond Dene parkrun**

A picturesque route through the beautiful Jesmond Dene

<https://www.parkrun.org.uk/jesmonddene/>

**5 points**

**Sat 24<sup>th</sup> Oct 2020 – Jedburgh running festival Ultramarathon/Relay**

<https://www.jedburghrunningfestival.org.uk/>

Rather than promoting the 10K/HM options we are deciding this year to support the 38 mile ultramarathon or 4 team relay (see below for distances). A car and fancy dress are essential for each relay team.... There is also a canicross option for those of you that way inclined

Leg 1	Jedburgh - Maxton	10 miles	16 km	reasonably flat-ish	No cut-off
Leg 2	Maxton - Rhymer's Stone	7 miles	11 km	short and flat-ish	12:30pm
Leg 3	Rhymer's Stone - Maxton	11 miles	18 km	three bloody great hills!	3:30pm
Leg 4	Maxton - Jedburgh	10 miles	16 km	reasonably flat-ish	No cut-off

**7 points**

**NOVEMBER**

**Sun 8<sup>th</sup> Nov 2020 – Heaton Harriers Memorial 10K**

Town Moor 11am. <http://www.heatonharriers.org.uk/our-races/memorial-town-moor-10k/>

**5 points**