



GRAND PRIX 2019

Welcome to Newcastle Frontrunner's 6th Grand Prix event, with a range of events taking place throughout 2019. Last year we saw over 100 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).

A large number of the Grand Prix events for 2019 are parkruns or NFR handicap runs, which are free! We've also included a Great Run Local event which is also free and takes place on a Sunday rather than a Saturday. 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 anywhere in the world! It is necessary to print off your bar code and present it 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/>

As Allen, our 2019 Chair, mentioned in his welcome email, it is our aim to subsidise attendance at a number of LGBT runs across the North in 2019. 5 of these have been included in the Grand Prix programme and we are looking at ways to provide free or low-cost travel to these events. We will also offer a local alternative to most of these events, as we realise that family or other commitments may still prevent our members from participating.

Happy Running!

JANUARY 2019 (2 events)

Tuesday 1st January – any parkrun double, anywhere in the world!

7 points

<https://www.parkrun.org.uk/special-events/>

Local parkruns offering this option include:

9am Stewart parkrun and 10:30am Albert parkrun, Middlesborough

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

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

9am Newbiggen-by-the-Sea parkrun

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

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

10:30am Rising Sun parkrun <http://www.parkrun.org.uk/risingsun/>

10:30am Prudhoe parkrun <http://www.parkrun.org.uk/prudhoeriverside/>

Saturday 19th January – Newcastle parkrun 9th anniversary

5 points

Run / Volunteer

FEBRUARY 2019 (2 events)

Saturday 2nd February – Souter Lighthouse Night-run (3km or 7km) **5 points**
<https://www.nationaltrust.org.uk/events/3355411b-05f7-47ab-a31f-103dba0b7c6d/pages/details>

Saturday 16th February – Tees Barrage parkrun **5 points**
<http://www.parkrun.org.uk/teesbarrage/>

MARCH 2019 (3 events)

Saturday 2nd March – NEHL Cross Country, Alnwick **7 points**
<http://www.harrierleague.com/>

Wednesday 13th March – NFR Handicap, Town Moor – Run / Volunteer **3 points**

Sunday 31st March – Great Run Local, Gibside **5 points**
<https://www.greatrunlocal.org/events/north-east/gateshead/gibside-5k>

APRIL 2019 (3 events)

Wednesday 10th April – NFR Handicap, Town Moor – Run / Volunteer **3 points**

Saturday 13th April – Cragside 10k **7 points**
<https://runnation.co.uk/r/run-northumberland-cragside-10k-2019>

Friday 19th April – Elswick Harriers Good Friday Relays, Newburn **5 points**
Teams of 3 women & 4 men

MAY 2019 (4 events)

Saturday 4th May – Manchester Frontrunners Piece of Cake 10k **10 points**
<https://www.racespace.com/race-director/it-s-a-piece-of-cake-10km-2018/>

OR

Saturday 4th May – Rising Sun parkrun **5 points**
<http://www.parkrun.org.uk/risingsun/>

Wednesday 8th May – NFR Out & Back Run **3 points**

Saturday 18th May – Cotsford Fields parkrun **5 points**
<http://www.parkrun.org.uk/cotsfordfields/>

Friday 31st May – Northumberland Pride LGBT5k, Alnwick **5 points**
www.abilityevents.co.uk/lgbt5k

JUNE 2019 (3 events)

Wednesday 12th June – NFR Handicap, Town Moor – Run / Volunteer **3 points**

Saturday 15th June (provisional) – Edinburgh Fronrunners Pride 5km Run **7 points**
<https://www.edinburghfronrunners.org/pride-run>

OR

Saturday 15th June – Whitley Bay parkrun **5 points**
<http://www.parkrun.org.uk/whitleybay/>

Sunday 30th June – Run Northumberland Coquet 10k/Half marathon **7 points**
<https://runnation.co.uk/r/run-northumberland-coquet-10k-2019>

JULY 2019 (3 events)

Sunday 7th July (provisional) – Washington Running Club 5k – The Bottoms Up Cup **5 points**
<http://www.washingtonrunningclub.com/bottoms-up-cup-5k/>

Friday 19th July – NFR LGBT5k Running Festival **5 points**
Run / Volunteer

Saturday 27th July - “Parkrun Free-for-all Extravaganza!” **5 points**
Run at ANY Parkrun anywhere in the world!
Spot prize for the furthest distance travelled from Newcastle

AUGUST 2019 (4 events)

Saturday 3rd August – Leeds Fronrunners Pride parkrun **7 points**
<https://leedsfronrunners.wordpress.com/>

OR

Saturday 3rd August – Prudhoe Riverside parkrun **5 points**
<http://www.parkrun.org.uk/prudhoeriverside/>

Wednesday 14th August – NFR Handicap, Town Moor – Run / Volunteer **3 points**

Saturday 17th August – Glasgow Fronrunners OTRun **10 points**
<http://glasgowfronrunners.org/>

OR

Sunday 18th August – Trail Outlaws Branches and Bays 10k **7 points**
<https://urbantrails.co.uk/>

Thursday 29th August (provisional) – Watergate 5k **5 points**
<https://www.lowfellrunningclub.co.uk/pages/our-races-1>

SEPTEMBER 2019 (3 events)

Wednesday 11th September – NFR Out & Back Run **3 points**

Saturday 14th September – Darlington South Park parkrun **5 points**
<http://www.parkrun.org.uk/darlingtonouthpark/>

Sunday 29th September (provisional) – Prudhoe Miners 10k **7 points**
<https://runnation.co.uk/r/essityprudhoe10k2018>

OCTOBER 2019 (3 events)

Wednesday 9th October – NFR Handicap, Town Moor – Run / Volunteer **3 points**

Saturday 12th October – Sunderland parkrun 10th anniversary **5 points**
<http://www.parkrun.org.uk/sunderland/>

Saturday 26th or Sunday 27th October – Jedburgh Running Festival **7 points**
Saturday = 38 mile ultra, ultra relay & canicross Sunday = 10k & half marathon
<https://www.jedburghrunningfestival.org.uk/>