

## Notfast GP 2019

To encourage participation in local events (both road and Trail), the club has set a Grand Prix. There will be 3 top places; Gold, Silver and Bronze, awarded to those who have collected the most points throughout the year (If there is a tie, the most miles racked up during the GP events will come top). You **must** volunteer at a club event (not just for Parkrun) to qualify.

All members who get 20 points or more **AND** have volunteered for a club event will be awarded a small memento. For members over 65, 12 points are required. Note that for Summer League and winter Cross Country any 2019 events qualify, but each series can only gain you 1 "point" i.e. 4 Summer Leagues isn't 2 qualifying points. For Nottinghamshire County Championship races don't forget to tick the box when entering, if eligible (residence 9 months or birth in county).

Please keep your own record of your Grand Prix events for the committee to verify at the end of the year.

Date	Event name	Distance	Further information	Points
Weekly	Parkrun	5k	Any 10 or more Parkruns in 2019 = 1 GP event	1
Weekly	Parkrun Volunteer		Any 5 Parkruns in 2019 = 1 GP event (multiples allowed)	1
Monthly	Clumber Trust 10k	10k	<a href="https://www.nationaltrust.org.uk/events/68c8830a-0b1a-4122-b52d-b50e718cccf6/pages/details">Any 3 or more in 1 year = 1 Point https://www.nationaltrust.org.uk/events/68c8830a-0b1a-4122-b52d-b50e718cccf6/pages/details</a>	1
Winter	Cross Country		Any 2 or more races during year 2019 = 1 GP event	1
Summer	Summer league		Any 2 or more races during year 2019 = 1 GP event	1
02/02/2019	Rauceby Ripper	9 Mile multi terrain	<a href="https://www.sleafordtownrunners.co.uk/the-rauceby-ripper/">https://www.sleafordtownrunners.co.uk/the-rauceby-ripper/</a>	1
23/02/2019	Dukeries 10	10.8 Mile trail	<a href="http://www.hobopace.co.uk/dukeries-10/">http://www.hobopace.co.uk/dukeries-10/</a>	2
02/03/2019	Sherwood Pines Night Run	7km	<a href="https://www.runbritain.com/RaceDetail.aspx?eventid=75bf0ccf5e6f&amp;raceid=74bf0bc95962&amp;returnlink=https://www.runbritain.com/races?keyword=&amp;month=&amp;datefrom=&amp;dateto19%2f12%2f2018&amp;distance=&amp;region=0001300000100002&amp;county=&amp;profile=&amp;surface=&amp;awards=&amp;entrants=&amp;page=3&amp;">https://www.runbritain.com/RaceDetail.aspx?eventid=75bf0ccf5e6f&amp;raceid=74bf0bc95962&amp;returnlink=https://www.runbritain.com/races?keyword=&amp;month=&amp;datefrom=&amp;dateto19%2f12%2f2018&amp;distance=&amp;region=0001300000100002&amp;county=&amp;profile=&amp;surface=&amp;awards=&amp;entrants=&amp;page=3&amp;</a>	1
10/03/2019	Retford Half	13.1 miles	<a href="https://bookitzone.com/RetfordHalf/YR2FFX">https://bookitzone.com/RetfordHalf/YR2FFX</a>	2
31/03/2019	Grantham Cup	10k trail	<a href="http://www.granthamrunningclub.co.uk/gc/index.php">http://www.granthamrunningclub.co.uk/gc/index.php</a>	1
14/04/2019	Belvoir Half Marathon (or 7k)	7k/HM	<a href="http://www.hosevillage.org.uk/bhm.htm">http://www.hosevillage.org.uk/bhm.htm</a>	2 for half, 1 for 7km
22/04/2019	Notts Easter 10k	10k	<a href="https://nottsac.co.uk/fixtures/">https://nottsac.co.uk/fixtures/</a>	1
28/04/2019	The Longhorn	Multi distance	<a href="https://www.sbrevents.co.uk/events/the-longhorn-2019">https://www.sbrevents.co.uk/events/the-longhorn-2019</a>	1 for 5/10k, 2 for half, 3 for full
05/05/2019	Sleaford Half Marathon	13.1 miles	<a href="https://www.sleafordhalf.com/">https://www.sleafordhalf.com/</a>	2
12/05/2019	Orston Spring Dash	10k	<a href="http://orstonspringdash.co.uk/">http://orstonspringdash.co.uk/</a>	1
19/05/2019	Clawson 10k	10k	<a href="http://www.fitbelvoir.com/clawson10k">http://www.fitbelvoir.com/clawson10k</a>	1
29/05/2019	<b>SL2 volunteering</b>	N/A	Flowserve	1
02/06/2019	Woodhall Spa 10k	10k	<a href="http://www.woodhallspa10k.org/index.html">http://www.woodhallspa10k.org/index.html</a>	1
08/06/2019	Van'Elnor 10 Trail	5k/10k Trail	<a href="http://vanelnortrailruns.com/">http://vanelnortrailruns.com/</a>	1
09/06/2019	Clumber Park 10K	10k trail	<a href="https://www.runbritain.com/RaceDetail.aspx?eventid=7db50bce5e6b&amp;raceid=7abc0fcb596b&amp;returnlink=https://www.runbritain.com/races?keyword=&amp;distance=&amp;region=&amp;county=&amp;profile=&amp;surface=&amp;awards=&amp;entrants=&amp;page=149&amp;pagesize=8&amp;gender=0&amp;onlineentry=0&amp;responseType=html">https://www.runbritain.com/RaceDetail.aspx?eventid=7db50bce5e6b&amp;raceid=7abc0fcb596b&amp;returnlink=https://www.runbritain.com/races?keyword=&amp;distance=&amp;region=&amp;county=&amp;profile=&amp;surface=&amp;awards=&amp;entrants=&amp;page=149&amp;pagesize=8&amp;gender=0&amp;onlineentry=0&amp;responseType=html</a>	1
23/06/2019	Grimsthorpe gallop	5k/10k/10 mile or 13.1 mile	<a href="http://www.sbrevents.co.uk/events/grimsthorpe-gallop-2019">http://www.sbrevents.co.uk/events/grimsthorpe-gallop-2019</a>	1 for 5/10k, 2 for 10/13.1 mile
TBA	NOTFAST memorial run - Flowserve	5k or 10k	Free event organized by club. More details to follow.	1
03-06/06/2019	Gordon Whelbourn	various	Any 2 races Mon-Thurs <a href="http://www.newarkathletics.co.uk">www.newarkathletics.co.uk</a>	1
07/06/2019	Gordon Whelbourn	10k	last event in a week of races <a href="http://www.newarkathletics.co.uk">www.newarkathletics.co.uk</a>	1
21/06/2019	Notts Road Race	10 miles	TBA	1
TBA	Summer Solstice	10k	<a href="http://www.granthamrunningclub.co.uk/sumsol/">http://www.granthamrunningclub.co.uk/sumsol/</a>	1
TBA	Collingham Canter	5k	TBA	1
TBA	Newstead Abbey Dash	5K	<a href="https://www.redhillroadrunners.com/our-races">https://www.redhillroadrunners.com/our-races</a>	1
09/08/2019	Sleaford Striders Summer 10k	10k	<a href="https://www.sleafordhalf.com/">https://www.sleafordhalf.com/</a>	1
11/08/2019	Newark Half or <b>volunteer</b>	13.1 miles	<a href="http://www.newarkhalfmarathon.co.uk">http://www.newarkhalfmarathon.co.uk</a>	2
TBA	Bassingham Bash	5 miles	<a href="https://www.withamrunners.co.uk/bassingham-bash">https://www.withamrunners.co.uk/bassingham-bash</a>	1
TBA	Bramley Challenge	Approx 5 miles	Organised by Southwell Running Club, inter club event	1
01/09/2019	Sherwood Pines 10k	10k Trail	<a href="http://www.run2u.uk/sherwood-10k.html">http://www.run2u.uk/sherwood-10k.html</a>	1
08/09/2019	Newton's Fraction	13.1 miles	<a href="http://granthamac.com/newtons-fraction-redux/">http://granthamac.com/newtons-fraction-redux/</a>	2
15/09/2019	Ponton Plod <b>volunteering/</b> running		<a href="mailto:ernestclark@btinternet.com">ernestclark@btinternet.com</a>	1
21-22/09/2019	Belvoir Castle Equinox	All options	<a href="https://www.equinox24.co.uk/">https://www.equinox24.co.uk/</a>	1 for 10k, 2 for multi-lap, 3 for 5+ laps
29/09/2019	Robin Hood	13.1 miles	<a href="http://www.robinhoodhalfmarathon.co.uk">www.robinhoodhalfmarathon.co.uk</a>	2

06/10/2019	Syerston Challenge	10k Trail	TBA	1
TBA	Stilton Stumble	10k Road	<a href="http://stiltonstumble.com/">http://stiltonstumble.com/</a>	1
20/10/2019	Thoresby 10	5k/10k/10 mile	<a href="https://www.sbrevents.co.uk/events/thoresby-10-2019">https://www.sbrevents.co.uk/events/thoresby-10-2019</a>	1 for 5/10k, 2 for 10 mile
27/10/2019	Worksop Halloween Half	13.1 miles	<a href="http://www.worksopharriers.co.uk">www.worksopharriers.co.uk</a>	2
TBA	Belvoir Clock-back	10k	<a href="https://www.facebook.com/The-Belvoir-Challenge-303623766359292/">https://www.facebook.com/The-Belvoir-Challenge-303623766359292/</a>	1
TBA	Rushcliffe Golf Course Night 5 Mile	5 Miles	<a href="http://www.formula4fitness.co.uk/f4f-events/">http://www.formula4fitness.co.uk/f4f-events/</a>	1
TBA	Robin Hood Trail Runs	10k/5k	<a href="http://www.osbevents.com/events/running/robin-hood-trail-runs/">http://www.osbevents.com/events/running/robin-hood-trail-runs/</a>	1
01/12/2019	Edwinstowe Xmas 10k	10k Trail	<a href="http://www.run2u.uk/edwinstowe-10k.html">http://www.run2u.uk/edwinstowe-10k.html</a>	1