

Table 1

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	Any 3 or more in 1 year = 1 Point https://www.nationaltrust.org.uk/events/68c8830a-0b1a-4122-b52d-b50e718cccf6/pages/details	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	https://www.sleafordtownrunners.co.uk/the-rauceby-ripper/	1
23/02/2019	Dukeries 10	10.8 Mile trail	http://www.hobopace.co.uk/dukeries-10/	2
02/03/2019	Sherwood Pines Night Run	7km	CANCELLED! Alternative GP event coming soon.....	1
10/03/2019	Retford Half	13.1 miles	https://bookitzone.com/RetfordHalf/yR2FFX	2
31/03/2019	Grantham Cup	10k trail	http://www.granthamrunningclub.co.uk/gc/index.php	1
14/04/2019	Belvoir Half Marathon (or 7k)	7k/HM	http://www.hosevillage.org.uk/bhm.htm	2 for half, 1 for 7km
22/04/2019	Notts Easter 10k	10k	CANCELLED! Alternative GP event coming soon.....	1
28/04/2019	The Longhorn	Multi distance	https://www.sbrevents.co.uk/events/the-longhorn-2019	1 for 5/10k, 2 for half, 3 for full
05/05/2019	Sleaford Half Marathon	13.1 miles	https://www.sleafordhalf.com/	2
12/05/2019	Orston Spring Dash	10k	http://orstonspringdash.co.uk/	1
19/05/2019	Clawson 10k	10k	http://www.fitbelvoir.com/clawson10k	1
23/05/2019	NOTFAST memorial run – Flowserve – Volunteer /run	5k or 10k	Free event organized by club. More details above.	1
29/05/2019	SL2 volunteering	N/A	Flowserve	1
02/06/2019	Woodhall Spa 10k	10k	http://www.woodhallspa10k.org/index.html	1
02/06/2019	Clumber Park 10K	10k trail	https://www.runbritain.com/RaceDetail.aspx?eventid=7eb50bce5e6c&raceid=7bbc0fcb596c&returnlink=https://www.runbritain.com/races?keyword=&datefrom=&dateto16%2f01%2f2019&distance=&region=&county=&profile=&surface=&awards=&entrants=&page=2&pagesize=8&gender=0&onlineentry=0&responseType=html	1
03-06/06/2019	Gordon Whelbourn	various	Any 2 races Mon-Thurs http://www.newarkathletics.co.uk/events/gordon-whelbourn-week/	1
07/06/2019	Gordon Whelbourn	10k	last event in a week of races http://www.newarkathletics.co.uk/events/gordon-whelbourn-week/	1
08/06/2019	Van'Elnor 10 Trail	5k/10k Trail	http://vanelnortrailruns.com/	1
09/06/2019	Collingham Canter	5k	Email: collinghamcrawlandcanter@gmail.com	1
23/06/2019	Grimsthorpe gallop	5k/10k/10 mile or 13.1 mile	http://www.sbrevents.co.uk/events/grimsthorpe-gallop-2019	1 for 5/10k, 2 for 10/13.1 mile
21/06/2019	Notts Road Race – County Champs event	10 miles	www.nottsaaa.org	1
21/06/2019	Summer Solstice	10k	http://www.granthamrunningclub.co.uk/sumsol/	1
26/07/2019	Newstead Abbey Dash – County Champs event	5K	https://www.redhillroadrunners.com/our-races	1
09/08/2019	Sleaford Striders Summer 10k	10k	https://www.sleafordhalf.com/	1

11/08/2019	Newark Half or volunteer – County Champs event	13.1 miles	http://www.newarkhalfmarathon.co.uk	2
TBA	Bassingham Bash	5 miles	Email: bassinghambash@hotmail.com	1
TBA	Bramley Challenge	Approx 5 miles	Organised by Southwell Running Club, inter club event	1
01/09/2019	Sherwood Pines 10k	10k Trail	http://www.run2u.uk/sherwood-10k.html	1
08/09/2019	Newton's Fraction	13.1 miles	http://granthamac.com/newtons-fraction-redux/	2
15/09/2019	Ponton Plod volunteering/ running		ernestclarke@btinternet.com	1
21-22/09/2019	Belvoir Castle Equinox	All options	https://www.equinox24.co.uk/	1 for 10k, 2 for multi-lap, 3 for 5+ laps
29/09/2019	Robin Hood	13.1 miles	www.robinhoodhalfmarathon.co.uk	2
06/10/2019	Syerston Challenge	10k Trail	TBA	1
TBA	Stilton Stumble	10k Road	http://stiltonstumble.com/	1
20/10/2019	Thoresby 10	5k/10k/10 mile	https://www.sbrevents.co.uk/events/thoresby-10-2019	1 for 5/10k, 2 for 10 mile
27/10/2019	Worksop Halloween Half	13.1 miles	www.worksopharriers.co.uk	2
TBA	Belvoir Clock-back	10k	https://www.facebook.com/The-Belvoir-Challenge-303623766359292/	1
TBA	Rushcliffe Golf Course Night 5 Mile	5 Miles	http://www.formula4fitness.co.uk/f4f-events/	1
TBA	Robin Hood Trail Runs	10k/5k	http://www.osbevents.com/events/running/robin-hood-trail-runs/	1
01/12/2019	Edwinstowe Xmas 10k	10k Trail	http://www.run2u.uk/edwinstowe-10k.html	1