

Notfast GP 2020

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. Higher distance will yield more points; this is intended to be a challenge after all 😊

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.

There is the possibility of earning **over 13+ GP points without spending a penny**, such as **volunteering**/Parkrun, Club events, XC/SL etc

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 2020 = 1 GP event	1
Weekly	Parkrun Volunteer		Any 5 Parkruns in 2020 = 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 2020 = 1 GP event	1
Summer	Summer league		Any 2 or more races during year 2020 = 1 GP event	1
Various	Volunteer at Club Events	Various	Inc Plogging, Club hosted events (multiples allowed)	1
22-Feb	Dukeries 10	10.8 Mile trail	http://www.hobopace.co.uk/dukeries-10	2
29-Feb	Belvoir Challenge	15 or 26 mile	https://belvoirchallenge.com/	2 for 15 mile, 3 for 26
08-Mar	Retford Half - CC	13.1 miles	https://bookitzone.com/RetfordHalf/XOJFFX	2
15-Mar	Sleaford Half Marathon	13.1 miles	https://www.sleafordhalf.com/	2
05-Apr	Belvoir Half Marathon (or 7k)	7k/HM	http://www.hosevillage.org.uk/bhm.htm	2 for half, 1 for 7km
19-Apr	The Longhorn	Multi distance	https://www.sbrevents.co.uk/events/the-longhorn-2020	1 for 5/10k, 2 for half, 3 for full
Apr/May	Orston Spring Dash	10k	http://orstonspringdash.co.uk/	1
25-Apr	Sherwood Pines Night Run	2.5k laps	https://www.forestryengland.uk/forest-event/events-sherwood-pines/forest-light-run	1 for up to 4 laps, 2 for 5 or more laps
09-May	Dukeries 30/40	30 or 40 Miles	https://www.hobopace.co.uk/dukeries-30-40/	3
17-May	Clawson 10k	10k	https://www.runbritain.com/RaceDetail.aspx?eventid=7cb50cc95961&raceid=74ba0acc595f&returnlink=https://www.runbritain.com/races?keyword=clawson&distance=&region=&county=&profile=&surface=&wards=&entrants=&page=1&pagesize=8&gender=0&onlineentry=0&responseType=html	1
28-May	NOTFAST memorial run & Volunteer	5k or 10k	Free event organized by club. More details to follow.	1
01-04 Jun	Gordon Whelbourn	various	Any 2 races Mon-Thurs http://www.newarkathletics.co.uk/events/gordon-whelbourn-week/	1
05-Jun	Gordon Whelbourn	10k	Last event in a week of races http://www.newarkathletics.co.uk/events/gordon-whelbourn-week/	1
06-Jun	Van'Elnor 10 Trail	5k/10k Trail	http://vanelnortrailruns.com/	1
07-Jun	Woodhall Spa 10k	10k	http://www.woodhallspa10k.org/index.html	1
07-Jun	Clumber Park 10K	10k trail		1
14-Jun	Grimsthorpe gallop	5k/10k/10 mile or 13.1 mile	https://www.sbrevents.co.uk/events/grimsthorpe-gallop-2020	1 for 5/10k, 2 for 10/13.1 mile
19-Jun	Notts Road Race - CC	10 miles	https://nottsac.co.uk/fixtures/	1
19-Jun	Summer Solstice	10k	http://www.granthamrunningclub.co.uk/sumsol/	1
27/28-Jun	Solstice 24	Various	https://www.facebook.com/events/465720473829043/permalink/465720520495705	1 for 10k, 2 for multi-lap, 3 for 5+ laps
28-June	Bottesford Bumble	5/10k	https://www.facebook.com/BottesfordBumble/	1
28-June	Collingham Canter	5k / 10k	TBA	1

24-July	Newstead Abbey Dash - CC	5K	https://www.redhillroadrunners.com/our-races	1
11-Aug	Newark Half or volunteer	13.1 miles	http://www.newarkhalfmarathon.co.uk	2
Aug	Sleaford Striders Summer 10k	10k	https://www.sleafordhalf.com	1
Aug	Bassingham Bash	5 miles	TBA	1
Sept	Bramley Challenge	Approx 5 miles	Organised by Southwell Running Club, inter club event	1
06-Sept	Sherwood Pines 10k	10k Trail	http://www.run2u.uk/sherwood-10k.html	1
12-Sept	Robin Hood 100	100 Miles	https://www.hobopace.co.uk/robin-hood-100/	4
Sept	Newton's Fraction	13.1 miles	http://granthamac.com/newtons-fraction-redux	2
13-Sept	Ponton Plod volunteering /running		ernestclarke@btinternet.com	2
13-Sept	Mansfield 10k - CC	5 or 10	http://www.mansfield10k.co.uk/	1
19-20-Sept	Belvoir Castle Equinox	All options	https://www.equinox24.co.uk/	1 for 10k, 2 for multi-lap, 3 for 5+ laps
27-Sept	Robin Hood HM	13.1	www.robinhoodhalfmarathon.co.uk	2
4-Oct	Crossdale 10k	10k trail	http://crossdale10k.co.uk/new/?fbclid=IwAR28gojKH-dAGmPjCmRAXfTwi0pBJHNgRn9dM2-GOaClJRmu7HKYxJZPd6Q	1
Oct	Syerston Challenge	10k Trail	TBA	1
11-Oct	Leicester Marathon - CC	26.2	http://leicestermarathon.org.uk/	3
Oct	Stilton Stumble	10k Road	http://stiltonstumble.com/	1
18-Oct	Thoresby 10	5k/10k/10 mile	https://www.sbevents.co.uk/events/thoresby10-2020	1 for 5/10k, 2 for 10 mile
Oct	Worksop Halloween Half	13.1 miles	www.worksopharriers.co.uk	2
Oct	Belvoir Clock-back	10k	https://www.facebook.com/The-Belvoir-Challenge-303623766359292/	1
Oct	Rushcliffe Golf Course Night 5 Mile	5 Miles	http://www.formula4fitness.co.uk/f4f-events/	1
Oct	Robin Hood Trail Runs	10k/5k	http://www.osbevents.com/events/running/robin-hood-trail-runs/	1
Dec	Edwinstow Xmas 10k	10k Trail	http://www.run2u.uk/edwinstowe-10k.html	1
Dec	Newark Showground Xmas Challenge	Various	https://www.facebook.com/events/598666503919830/permalink/734390940347385/	1-3 Laps = 1, 4-6 = 2, 6+=3