Aycliffe Running Club - Age Graded - Club Championship Races 2021

24th April - 31 December 2021

Dates are Provisional	Cost	Distance	Race	Race No
Tue 27th April	Free	3k	* ARC Covid Secure 3k Hanidcap Time Trial	1
Mon 3rd May	£14.50	8k	The Pizza 8k Trail 2021 (Muddy Roads)	2
Wed 26th May 19:00hrs	£5.50	5k	The Saltburn 5k Trail 2021 (Muddy Roads)	3
Wed 30th June 19:00hrs	£8.50	5k	Pie & Pea 5k Trail 2021 (Muddy Roads)	4
Thu 22nd July Evening		5k	Sunderland 5k Race - Silkworth	5
Sunday 25th July		5mile	Redcar Penguins 5 Mile Road Race	6
Sun 1st Aug 10:00hrs		10k	Darlington 10k	7
Wed 4th August Evening	£5.00	5k	Baydale Beck 5k - Darlington Trail Series	8
Thu 26th August 18:00hrs	Club Pays	1mile	*NYMAC Tom Wall 4 x 1 mile relays at Stewart Park	9
Sat 11th Sep		10k	Castleton North Yorkshire Moors -- ARC Bus ?	10
Sun 19th Sep		10k	Serpentine Trail - Sedgefield	11
Sun 26th Sep		10k	Coxhoe Trail	12
Sun 7th Nov 09:30hrs		10k	Asda Foundation Middlesbrough 10K	13

Best Time - If they go ahead	Free	5k	* Darlington Southpark Parkrun	14
Best Time - If they go ahead	Free	5k	* Hardwick Parkrun	15
Best Time - If they go ahead	Free	5K	* Hackworth Parkrun	16
Any 10 Mile		10 mile	Any 10 Mile	17
Any Half Marathon		13.1 mile	Any Half Marathom	18
Any 20 Mile		20 mile	Any 20 mile	19
Any Marathon		26.2 mile	Any Marathon	20

Best 10 races to count.

Runbundle will be used to calculate the age graded results

1st place will get 50 points, 2nd 49 points, 3rd 48 point etc.
If there is a draw for 1st place of their best 10 races the best total age graded results will win.
Separate points for men and ladies.

* **Tom Wall and NYMAC 1 Mile relays. Your best time will count if you do them both. If there is two races this year.**

* **Parkruns. Your best time will count if you do more than one.**

* **ARC Covid Secure 3k Hanidcap Time Trial. Your best time will count if you do more than one.**