

## Aycliffe Running Club - Age Graded - Club Championship Races 2023

**1st January - 1st December 2023**

Dates are Provisional	Cost	Distance	Race	Race No
First Wednesday of each month 19:15hrs	£3	Mile	<a href="#">The Monthley at Mile South Shields</a>	1
Any Hackworth Parkrun	Free	5k	Hackworth Parkrun	2
Sun 5th March		4-6 miles	NYSD X-Country at Caedmon School, Whitby	3
Fri 7th April	£10.00	5 Mile	Easter Coast 5 Mile (Instead of Mermaid 10K)	4
Wed 26th April 18:45hrs	Club Pays	1.6 Mile	Neptune relays 1.6 mile (Sedgefield)	5
Thur 25th May 19:00hrs ??	Club Pays	1 Mile	*NYMAC Tom Wall 4 x 1 mile relays at Stewart Park	6
Sun 28th May	£20.00	10k	Northallerton 10k	7
Thur 20th July 18:45hrs ??		5k	Sunderland 5k Race - Silkworth	8
23th July ?	£15	5 Mile	Redcar Penguins 5 Mile Road Race ?	9
6th August		10k	Darlington 10k	10
July / Aug		1 Mile	Shildon Track Mile Night	11
Thu 24th August 18:00hrs ??	Club Pays	1Mile	*NYMAC Tom Wall 4 x 1 mile relays at Stewart Park	12
Sun 3th Sep		10k	Asda Foundation Middlesbrough 10K	13
Sun 19th Sep		10k	Serpentine Trail - Sedgefield	14
October TBC		4-6 miles	NYMAC X-Country TBC	15
End Nov		10k	Ravenstonedale 10k	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 for Points.**

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.

**\*The Monthly Mile at South Shields. Your best time will count & the last race to be counted will be Novembers.**

**\*Hackworth Parkrun. Your best time will count & the last race to be counted will be Novembers.**

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

