

### **Park runs**

February 1<sup>st</sup> Hazlehead (+1)

February 29<sup>th</sup> Aberdeen (0)

March 28<sup>th</sup> Ellon (+1)

April 25<sup>th</sup> Hazlehead (+1)

May 30<sup>th</sup> Aberdeen (0)

June 27<sup>th</sup> Ellon (+1)

July 25<sup>th</sup> Hazlehead (+1)

August 29<sup>th</sup> Aberdeen (0)

Sept 26<sup>th</sup> Ellon (+1)

Oct 31<sup>st</sup> Hazlehead (+1)

Nov 21<sup>st</sup> Aberdeen (0)

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### **5ks**

Middleton trust TBC October

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### **10k's**

Garioch

Balmoral (+2)

Metro Beach 10K (0)

Barra (+2)

Newmachar 10k (+2)

Middleton Trust 10k (0)

Fraserburgh 10k

Glenliviet 10k (+3)

Red Run (TBC)

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### **½ Marathons**

Inverness (0)

Garioch (+2)

Stonehaven (+4)

Dyce ½ (0)

Crathes (+1)

Aviemore (-4)

Fraserburgh

### **Short distance**

4 x 5k's (1 from each parkrun location to qualify)

### **Middle distance**

4x 5ks (1 from each parkrun location to qualify)

2x 10ks

### **Long distance**

4x 5ks (1 from each parkrun location to qualify)

2x 10ks

1x ½ Marathon

Rules:

All participants must fill in the registration form and nominate the distance group they plan to complete prior to the start of the first championship 5k race on the 1<sup>st</sup> February. Moving up a group during the championship is not a problem moving down a group will need to be discussed and will only be allowed with agreement of the Jog leaders.

You can participate as many races as you wish within your category and the top 4 parkruns/top 2 10ks and top ½ marathon time/score where applicable for your selection of championship races will be taken as your final result.

You must be registered as "Newmachar Running Group Jog Scotland" to qualify failure to do so will result in your time **not** being included.

When racing wearing NRG orange and promoting the group

Where by the event sign-up page does not allow "Newmachar Running Group Jog Scotland" to be placed then "Newmachar Running group JS" shall be used, any issues in selecting the name of your affiliation then please let Kevin Mottram Know asap so we can discuss with the organiser of the event.

Scoring will be based on the WMA % score based on your age, and the cumulated top sores for each category of races you run will be totalled, these scores will be used to decide the order you finish in the championships.

## NRG JS 2020 championship - Registration form:

Name.....

D.O.B .....

Category (please circle/highlight):

Short Distance (5k's)

Middle Distance

Long Distance

By signing this form, I agree to the terms and conditions of the groups race rules

Signed: .....

Form can be handed into an NRG jog leader or can be sent to [newmachar.running@gmail.com](mailto:newmachar.running@gmail.com)

Have fun, train hard and race easy!!