

Grand Prix 2024.



For those wanting some competition, we run a yearly "Grand Prix" league from December to November.

This competition is aimed at encouraging members to run together and to promote the club. Prizes are awarded to the winners at the AGM in November. The Grand Prix comprises races spread across the region, with points being awarded for competing.

November

Sunday 26th November
NFR Red Run
Exhibition Park
9:30am

December

Sunday 3rd December
Blyth RC
Blyth Sands
5m
£8

Saturday 23rd December
Saltwell Harriers
Saltwell 10K
£22

January

Monday 1st January
New Years Day
Any Parkrun

Saturday 20th January
Run Through Newcastle
10K
£26

February

Sunday 4th February
X Border 10K
£20

Saturday 24th February
Hamstley Forest Parkrun
5K

March

Saturday 9th March
Jesmond Dene Parkrun
5K

Sunday 31st March
North Tyneside 10K
10K
£19.50

April

Saturday 6th April (TBC)
Blyth RC
Port Of Blyth
10k
£17

Sunday 21st April (TBC)
Wallsend
Terry O'Gara
5K
£12

May

Saturday 4th May
Manchester Frontrunners
Its a Piece of Cake
10K
£16

Sunday 19th May
Sunderland Strollers
Pier to Pier
7.5 mile
£26

June

Thursday 6th June (TBC)
Low Fell RC
Angel View
5.4m
£7

Wednesday 20th June (TBC)
Elswick
Newburn River Run
6m
£15

July

Friday 19th July
Newcastle Frontrunners
LGBT5k
5k
£14

Wednesday 24th July
Elvet Striders
Willow Miners Trail Run
5.4m
£10

August

Saturday 17th August
Glasgow OutRun
5 Mile
£20

Thursday 29th August (TBC)
Low Fell RC
Watergate 5K
£12

September

Monday 16th September
Jesmond Joggers
Presidents Cup Invitational
5K
Free

Parkrun Takeover TBC

October

Sunday 6th October
Jarrow 10K
£26

Rules

The format for the 2024 Grand Prix is a 22 race season with various race distances from 5K up to HM.

Points will be awarded as per below:

Free Events/Parkrun - 3 Points

Parkrun Volunteering - 3 Points

Paid Events - 6 Points

The individual with the highest number of points at the end of the season will be deemed the winner and crowned Grand Prix 2024 winner. Runner up places will be awarded up to 10th position.

All participants in the 2024 Grand Prix are required to wear club vests in all Grand Prix races.

Season Competition

The races for the 2024 season can be found on our website via the below link: <https://www.newcastlefrontrunners.co.uk/grand-prix-2022-23-event-calendar>

Please note there will be no alternative races this season to try and get as many NFR members to each event and to try and promote the club.

Further information on race dates will be published on the calendar as and when known along with entry links.

In the event of any of the announced races being canceled I reserve the right to select an alternative race where practical and both time and the calendar allows.

Please note a live Grand Prix league table will be updated every month and will be available to view on the app.

Good luck to all participants and let's have some fun!!