

The NRR Challenge

Track event (any official distance between 100m – 10,000m)

1 Mile

5K (non-parkrun)

Parkrun

5 Mile

6 Mile

10K

15K

10 Mile

Half Marathon

20 Mile

Marathon

Relay

Random Distance *

Ultra (any official distance over 26.2m)

Cross Country

Orienteering/Self Navigation

Novelty Race/Fancy Dress/Quirky Race/Beer Mile/Obstacle

Volunteering

Rules & Scoring

The membership will be split into teams at random.

4 teams – Brampton Valleys – Rushmere Roaders – Specs Lanes – Eastern Avenuers

Approx 25 members per team

1 point per event completed.

Members can only score 3 points per event (except parkruns – see below) (i.e. once someone has completed 3 x half marathons, no further of their events will count towards that distance).

Bonus points for completing EMGP, NRRL and XC series (5 races in each will score an extra point per member).

Parkrun – members can only score 1 point per parkruns venue (maximum of 10 points per member) – this will encourage teams to go to different events.

Each team can appoint a team captain to encourage members to take part in events.

Teams must let Mark K or Shaun L the results of their events in order to collate the scores.

Points will only be awarded for official events or club arranged events.

No bonus points will be awarded based on times, placing or PBs, only for taking part and completing the events.

The challenge will run from the AGM/Awards in 2018 until the AGM/Awards in 2019.

***Random distances will include unusual distances for example, 8.1 miles, 4.3 miles, 7 miles etc.**

Any queries on particular events, the judges will decide on what category to record it in.

Email your results to results@northamptonroadrunners.co.uk