

## QUAKERS RUNNING CLUB CLUB CHAMPIONSHIP 2010

### Group 1 Up to 5 miles

Feb 14th	Abesent Friends Trail - Cowpen Bewley - 5m
March 28th	Hartlepool Marina - 5m (Road)
April 15th	Tees Forest Trail - Preston Park 5k
April 20th	Carlton Challenge - 4.8m (Fell)
June 23rd	Summer Coast Road - Redcar 5k
September 1st	Autumn Coast Road - Redcar 5k
November 21st	Clay Bank West 4.2m (Fell)

### Group 2 Between 5 & 10 miles

April 2nd	Mermaid (Redcar) 10k (Road)
May 16th	Yorkshire 10k (Newby Hall) (Multi)
May 30th	Raby Castle 10k (Trail)
June 5th	Allendale 8m (Road)
June 15th	Whorlton Run - 7.2m (Fell)
June 20th	Aycliffe 10k (Road)
July 7th	Pit Stop - Croft Circuit 10k
July 11th	Kilburn Feast 7m (Road)
July 25th	James Herriot - Castle Bolton 14k (Trail)
August 17th	Guisboro Grunt - 6.1m (Fell)
August 22nd	Ray Harrison Memorial - Billingham 10k (Road)
September 5th	Tees Pride - Middlesbrough 10k (Road)
September 11th	Snape - Bedale 10k (Trail)
September 12th	Serpentine - Sedgfield 6.5m (Trail)
October 10th	Ampleforth 7m (Trail)
October 17th	Richmond Castle 10k (Road)
November 27th	Ravenstonedale 10k (Road)
December ?	Jolly Holly Jog Ripon 10k (Trail)

### Group 3 10 miles and over

May 9th	Ripon 10m (Multi)
June 26th	Durham Dales Challenge - Wolsingham 16m (Trail)
July 4th	Burn Valley Half Marathon
October 3rd	Harewood 10m (Trail)
October 31st	Guy Fawkes - Ripley 10m (Road/Trail)
November 28th	Thirsk 10m (Road)





