

QUAKERS RUNNING CLUB CLUB CHAMPIONSHIP 2009

Group 1 Up to 5 miles

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| April 5th | Hartlepool Marina - 5m |
| April 21st | Carlton Challenge - 4.8m (Fell) |
| April 22nd | Spring Coast Road - Redcar 5k |
| May 14th | Tees Forest Trail - Coulby Newham 5k |
| June 24th | Summer Coast Road - Redcar 5k |
| July 2nd | Tees Forest Trail - Wynyard 5k |
| September 2nd | Autumn Coast Road - Redcar 5k |
| November 22nd | Clay Bank West 4.2m (Fell) |

Group 2 Between 5 & 10 miles

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| March 29th | Doctors Gate - Hamsterley 11k (Fell) |
| May 24th | Raby Castle 10k (Trail) |
| May 30th | Allendale 8m |
| June 16th | Whorlton Run - 7.2m (Fell) |
| July 8th | Pit Stop - Croft 10k |
| July 12th | Kilburn Feast 7m |
| July 26th | James Herriot - Castle Bolton 14k (Trail) |
| September 13th | Serpentine - Sedgfield 6.5m (Trail) |
| August 23rd | Ray Harrison Memorial - Billingham 10k |
| September 5th | Snape - Bedale 10k (Trail) |
| October 18th | Richmond Castle 10k |
| December 27th | Jolly Holly Jog Ripon 10k (Trail) |

Group 3 10 miles and over

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| April 19th | Redcar Half Marathon |
| May 10th | Ripon 10m (Trail/Road) |
| June 27th | Durham Dales Challenge - Wolsingham 16m (Trail) |
| July 5th | Burn Valley Half Marathon |
| September 13th | Paras Challenge - Catterick 10m (??) |
| October 4th | Harewood 10m (Trail) |
| November 1st | Guy Fawkes - Ripley 10m (Road/Trail) |
| November 29th | Thirsk 10m (Road) |

