

GOSFORTH HARRIERS SUMMER CALENDAR 2024

	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON		
	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								
April			NEGP 1 Entries									NEHL - Thornley								NEYDL @MONKTON			NEGP 1															
May										Gordon Smith Relays					Club 3 Mile Time Trial					NEYDL @SHILOON								NEGP 2										
June						01	02	03	04						Blaydon Race			NEGP 3			ParkRun-Town Moore								Weetslade Relays					NEYDL @MORPETH				
July	01	02																			NEYDL @SHILDON				NEGP 5													
August				01	02	03	04	05	06																													
September							01	02	03	04	05	06	07	08	09	10	11	12	13																			

SENIOR TARGET RACES AND SOCIAL EVENTS					
DATE	LOCATION	DISTANCE	SURFACE	ENTRY	COMMENTS
13-April	NEHL -Thornley	4-6 miles	XC	Closed Entry.	Let Ben or Sarah know if you wish to race
24-Apr	NEGP 1	800m	Track	NEGP - How2Guide: https://necaa.co.uk/2023/06/909/	Fastest: 800M & 1500M from the NEGP Season https://necaa.co.uk/2024/02/negp-2024/
8-May	Gordon Smith Relays	2 miles	Road	Closed Entry.	Let Ben or Sarah know if you wish to race
13-May	Club 3 Mile Time Trial	3 Miles	Road	Portal Entry Via Email	
29-May	NEGP 2	800m	Track	NEGP - How2Guide: https://necaa.co.uk/2023/06/909/	Fastest: 800M & 1500M from the NEGP Season https://necaa.co.uk/2024/02/negp-2024/
9-Jun	Blaydon Race	5.9 miles	Track	Closed Entry.	Social After - Bacchus Pub ☺
15-Jun	ParkRun Takeover-Town Moore	5K	Road	https://www.parkrun.org.uk/register/	
26-Jun	Weetslade Relays	2.6 miles	Trial	Portal Entry Via Email	
6-Jul	BBQ		Social		
11-Jul	Sunderland Harriers 5K	5K	Road	TBC https://runabc.co.uk/sunderland-harriers-5k	
17-Jul	Club Mile	1 mile	Track	Portal Entry Via Email	(Churchill track from 6.30pm)
24-Jul	NEGP 5	1500m	Track	NEGP - How2Guide: https://necaa.co.uk/2023/06/909/	Fastest: 800M & 1500M from the NEGP Season https://necaa.co.uk/2024/02/negp-2024/
4-Aug	Gosforth relays	2.2 miles	Social	No Club Entry - No points acquired	
14-Aug	NEGP 6	800m	Track	NEGP - How2Guide: https://necaa.co.uk/2023/06/909/	Fastest: 800M & 1500M from the NEGP Season https://necaa.co.uk/2024/02/negp-2024/
17-Aug	ParkRun Takeover-Blythe	5K	Road	https://www.parkrun.org.uk/register/	
31-Aug	Farringdon Relays	1.8 miles	XC	Portal Entry Via Email	
8-Sep	GNR	13.1 Miles	Road	Closed Entry.	
13-Sep	Presentation Evening		Social	Social	Tickets to be shared via portal
14-Sep	Beer Mile	1 mile	Social	Closed Entry- No points acquired	Let Ben or Sarah know if you wish to race

Target Race Scoring System

Race Categories for Prizes:
 Senior Men
 Vet Men (V40+)
 Senior Ladies
 Vet Ladies (V35+)
Will trial with Seniors and branch out to junior groups next season

Points System:
 Best 6 races to count.
 8 points going to the first Gosforth Harrier home.
 Then 7,6,5,4,3 for the next five; all other participants get 2 points
 Club Vest must be worn to score points

Double Points for Races Highlighted (NEHL – Thornley, Weetslade Relays, Club Mile and Farringdon Relays)

Points Example:

		X2 Points				X2 Points	X2 Points			X2 Points			
		NEHL - Thornley	Gordon Smith Relays	Club 3 Mile Time Trial	Blaydon Race	Weetslade Relays	Club Mile	Sunderland Harriers 5K	NEGP 1500	NEGP 800	Farringdon Relays	GNR	TOTAL
Senior Mens	Athlete 1	4				14	16		8	8	14		64
	Athlete 3	16				12			6	5	16		55
	Athlete 2					16			5	6			27
	Athlete 4					10	4		4	4			22

