

## Nailsea Running Club - 2019 League Races

Date	Race	Where	Approx Price	Race distance	Terrain	Notes
Saturday 26 January	<a href="#">Parkrun</a>	Ashton Court	Free	5k	Trail / Tarmac	Free entry but you need your barcode
Sunday 24 February	<a href="#">River Avon Trail</a>	Keynsham	£17	10k	Off road	
Thursday 14 March	<a href="#">Prom Run</a>	Weston-S-M	£6 (for one race)	5mile	Tarmac promenade	
Sunday 7 April	<a href="#">Taunton Half</a>	Taunton	£25	HM	Mixed terrain	
Sunday 5 May	<a href="#">Bristol 10k*</a>	Bristol	£30	10k	Road	Subsidised entries fees for all NRC
Sunday 9 June	Bradley Stoke 10k	North Bristol		10k	Multi terrain	
Thursday 18 July	<a href="#">Purdown Pursuit</a>	North Bristol		10k	Trail	
Sunday 18 August	<a href="#">Bath Two Tunnels Railway Races</a>	Bath	£13 / £18	5k / 10k	Tarmac	See note below**
Sep	Tbd					
Oct	Tbd					
Nov	Tbd					
Dec	Tbd					

Quoted prices are for “entry in advance” and “ARC affiliated” runners.

\* This will be the race for our 5-10k course starting next year.

\*\* Both distances will be valid for the event; rules to follow!