

Nailsea Running Club - 2019 League Races

Date	Race	Where	Approx Price	Race distance	Terrain	Notes
Saturday 26 January	Parkrun	Ashton Court	Free	5k	Trail / Tarmac	Free entry but you need your barcode
Sunday 24 February	River Avon Trail	Keynsham	£17	10k	Off road	
Thursday 14 March	Prom Run	Weston-S-M	£6 (for one race)	5mile	Tarmac promenade	
Sunday 7 April	Taunton Half	Taunton	£25	HM	Mixed terrain	
Sunday 5 May	Bristol 10k*	Bristol	£30	10k	Road	Subsidised entries fees for all NRC
Tuesday 11 June	Clevedon 10k	Clevedon	£8	10k	Road	Flat flat!
Thursday 18 July	Purdown Pursuit	North Bristol	£8	10k	Trail	Off-road
Sunday 18 August	Bath Two Tunnels Railway Races	Bath	£13 / £18	5k / 10k	Tarmac	See note below**
Sunday 15 Sept	Watermore 10k	Frampton Cotterell	£14	10k	Roads & tracks	
Sunday 26 October	Warmley Forest Park	Warmley	£13 / £15	5k / 10k	Multi terrain	See note below**
Nov	Tbd					
Sunday 8 December	Christmas Cracker	W-S-M	£18	10k	Beach and road	£15 earlybird

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!