

## List of “Road” events for the 2022 Club Championship

| Distance bands         | Short - 1 mile to 5 miles  | Medium – 10km up to 10 miles | Medium/long and Long – 10 miles and over |        |                     |
|------------------------|--|------------------------------|--|--------|---------------------|
| Date                   | Event  | Distance                     | Band                                     | League | Running/not running |
| 6/2/22                 | Blackmore Vale Half  | 13.1 miles                   | Long                                     | DRRL   |                     |
| 13/2/22                | Lytchett 10 (or virtual if full)   | 10 miles                     | Medium/Long                              | DRRL   |                     |
| 12/3/22                | Poole Park Run   | 5 km                         | Short                                    |        |                     |
| 3/4/22                 | Marnhull 12k   | 12 km                        | Medium                                   | DRRL   |                     |
| 17/5/22                | Club mile  | 1 mile                       | Short                                    |        |                     |
| 22/5/22 TBC            | May 5  | 5 miles                      | Short                                    | DRRL   |                     |
| 17/6/22                | Purbeck 10k  | 10 km                        | Medium                                   | DRRL   |                     |
| 3/7/22                 | Portland 10  | 10 miles                     | Medium/Long                              | DRRL   |                     |
| 7/8/22                 | Sturminster Half   | 13.1 miles                   | Long                                     |        |                     |
| 11/9/22                | Littledown 5   | 5 miles                      | Short                                    |        |                     |
| 9/10/22                | Gold Hill 10k  | 10 km                        | Medium                                   | DRRL   |                     |
| 15/11/22               | Winter Series 5k   | 5 km                         | Short                                    |        |                     |
| 20/11/22               | Wimborne 10  | 10 miles                     | Medium/Long                              | DRRL   |                     |
| January – October 2022 | Any marathon with UKA (or international equivalent) road race and course measurement certificate | 26.2                         | Long                                     |        |                     |

For any races that have to be run ‘virtually’ a map of the route will be displayed on the event page. Please do not deviate from this. For such events, your result must strictly be a screenshot of your ELAPSED time from Garmin or Strava – to be posted on the Facebook Event Page before the closing date. Only 1 entry per event allowed (if you attempt the course more than once, please only submit 1 time). Your best 7 races to count – you must compete in a minimum of 7 events to qualify.

Runners must complete a minimum of one race from each distance to qualify – short, medium and long. 10 mile races can be counted in **either** the medium category or the long category. You must run at least **one** race from each distance band with the exception of over 65s, for whom the ‘long’ distance is optional. Road marathon must be completed by 31<sup>st</sup> October. Scores will be included for competitors as long as sufficient races remain to compete the required minimum of 7