**Proposed Off Road Races for Club Championships 2022**

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| **Date** | **Event** | **Distance** | **Running/not running** |
| 6/3/22 | Larmer Tree | 7 miles |  |
| 19/3/22 | Lulworth Cove trail running challenge | 10k |  |
| 10/4/22 | Dorset Ooser | Half marathon |  |
| 28/5/22 | Egdon Easy (evening run) | 10k  |  |
| 14/6/22 | Corfe Mullen Carnival (evening run) | 5k |  |
| 19/6/22 | Coombe Keynes 10k | 10k |  |
| 10/7/22 | Phil and Bonnie Bounder | 10k |  |
| 12/9/22 | CapTEN | 10m |  |
| 17/9/22 | Purbeck 16 | 16m |  |
| 25/9/22 | Blackhill 10k | 10k |  |
| 15/10/22 | New Forest Off Road Half Marathon - Lyndhurst | Half marathon |  |
| 30/10/22 | Stickler | 10.1 miles |  |
|  | Best of the Summer Series | 5.5k |  |
| TBC | Wessex or Hants x-country TBC |  |  |

* Completion of 7 of the events listed is required to qualify for the off-road series.
* Entrants will also be required to complete at least one race of 10 miles or more from the list.
* Entrants are required to wear club vests or tee shirts in all events.
* Scores will be included for competitors as long as sufficient races remain to complete the required minimum of 7
* Some races have yet to start taking entries or to confirm dates. If there are any changes to the list as events unfold, these will be published on Facebook, where an event will be created for each race. The Club Championship page on the Poole Runners web site will also be kept up to date.