|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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  | May 5 | 5 miles | Short | DRRL |  |
| 19/6/22 | Round the Lakes 10k | 10 km | Medium | DRRL |  |
| 3/7/22 | Portland 10 | 10 miles | Medium/Long | DRRL |  |
| 7/8/22 | Sturminster Half | 13.1 miles | Long |  |  |
| 25/9/22 | Hoburne 5 | 5 miles | Short | DRRL |  |
| 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 or | Long |  |  |

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 31st October. Scores will be included for competitors as long as sufficient races remain to compete the required minimum of 7