

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
4/2/24	Blackmore Vale Half	13.1 miles	Long	DRRL/DCC	
11/2/24	Lytchett 10	10 miles	Medium/Long	DRRL	
12/3/24	Boscombe Winter Series route	5k	Short	Poole Runners only	
16/3/24	Poole Park Run	5 km	Short		
24/3/24	Bournemouth AC Open Track Event **	3000m	Short	**Best of 3 track meets to count for points	
6/4/24	Poole AC Open Track Event **	3000m	Short	**Best of 3 track meets to count for points	
21/4/24	Marnhull 12k	12 km	Medium		
5/5/24	North Dorset Village Marathon	26.2 Miles	Long	DRRL/DCC	
12/5/24	Dorset County Championships **	3000m	Short	**Best of 3 track meets to count for points	
19/5/24	May 5	5 miles	Short	DRRL U17	
21/5/24	Club Mile	1 mile	Short		
14/6/24	Purbeck 10k	10k	Medium	DRRL U17	
7/7/24	Round the Rock	10 k	Medium	DRRL U17	
4/8/24	Sturminster Half	13.1 miles	Long	DRRL	
29/9/24	Round the Lakes 10k	10k	Medium	DRRL	
Oct 2024 (date TBC)	Weymouth 10	10 miles	Medium/Long	DRRL	
17/11/24	Wimborne 10	10 miles	Medium/Long	DRRL DCC	
January – October 2024	Any marathon with UKA (or international equivalent) road race and course measurement certificate	26.2 or	Long		To be completed by 31 <sup>st</sup> October 2024

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 - with the exception of over 65s, for whom the 'long' distance is optional. 10 mile races can be counted in either the medium category or the long category. Scores will be included on the published points table for competitors as long as sufficient races remain for them to compete the required minimum of 7.

'Old style' club vests will no longer be accepted for races. You must wear one of the newer navy vests or t-shirts for your time to be counted in the championships.

Gun times will be used to determine places and points except for marathons and races where there is chip timing only.