

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
9/2/25	Lytchett 10	10 miles	Medium/Long	DRRL DCC 10m champs	
15/3/25	Poole Park Run	5 km	Short		
30/3/25	Bournemouth AC Open Track Event **	3000m	Short	CANCELLED	
5/4/25	Poole AC Open Track Event **	3000m	Short	**Best of 2 track meets to count for points	
4/5/25	North Dorset Village Marathon	26.2 Miles	Long	DRRL/DCC marathon champs	
11/5/25	Dorset County Championships **	3000m	Short	**Best of 2 track meets to count for points	
18/5/25	May 5	5 miles	Short	DRRL	
20/5/2025	Club Mile	1 mile	Short		
8/6/2025	Puddletown Plod	13.1 miles		DRRL	
13/6/25	Purbeck 10k	10k	Medium	DRRL	
6/7/25	Round the Rock	10 k	Medium	DRRL	
13/7/25	Blackmore Vale Half	13.1 miles	Long		
3/8/25	Sturminster Half	13.1 miles	Long	DRRL/DCC ½ marathon champs	
14/9/25	Marnhull 12k	12 km	Medium	DRRL	
Sat 11.10.20 7 p.m.	Run Bournemouth 5k	5k	Short		
19/10/25	Weymouth 10	10 miles	Medium/Long	DRRL	
16/11/25	Wimborne 10	10 miles	Medium/Long	DRRL	
January – October 2025	Any marathon with UKA (or international equivalent) road race and course measurement certificate	26.2 or	Long		To be completed by 31 st October 2025

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.