

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
8/2/26	Lytchett 10	10 miles	Medium/Long	DRRL	
22/3/26	Bournemouth Bay Run Half	13.1 miles	Long	DRRL	
April 2026 date TBC	Poole or B'mth Track Event **	3000m	Short	**Best of 2 track meets to count for points	
18/4/26	Poole Parkrun	5km	Short		
3/5/26	North Dorset Village Marathon	26.2 Miles	Long	DRRL – County Champs	
10/5/26 TBC	Dorset County Championships **	3000m	Short	**Best of 2 track meets to count for points	
17/5/26	May 5	5 miles	Short	DRRL	
Tues 19/5/26	Club Mile	1 mile	Short		
12/6/26	Purbeck 10k	10k	Medium	DRRL – County Champs	
12/7.26	Blackmore Vale	13.miles	Long	DRRL – County Champs	
2/8/26	Sturminster Half	13.1 miles	Long	DRRL	
12/9/26	Bournemouth Parkrun	5k	Short		
27/9/26	Round the Lakes 10	10k	Medium	DRRL	
Sat 10.10.26 (7 p.m.)	Run Bournemouth Supernova 5k	5k	Short		
18/10/26 TBC	Weymouth 10	10 miles	Medium/Long	DRRL- County Champs	
15/11/26	Wimborne 10	10 miles	Medium/Long	DRRL	
January – October 2026	Any marathon with UKA (or international equivalent) road race and course measurement certificate	26.2 or	Long		To be completed by 31 st October 2026

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.