

| 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 | |
| 25/7/26 | Bournemouth Parkrun | 5k | Short | | Replacement for 12/9/26 |
| 2/8/26 | Sturminster Half | 13.1 miles | Long | DRRL | |
| 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.