

## Proposed Off Road Races for Club Championships 2023

Date	Event	Distance	Running/not running
12/3/23	Larmer Tree	7 miles	
16/4/23	Dorset Ooser	Half marathon	
27/5/23	Egdon Easy (evening run)	10k	
13/6/23	Corfe Mullen Carnival (evening run)	5k	
18/6/23	Tarrant Valley 10K	10k	
9/7/23	Phil and Bonnie Bounder	10k	
10/9/23	CapTEN	10m	
Cancelled	Purbeck 16	16m	Not running
24/9/23	Blackhill 10k	10k	
Cancelled	New Forest Off Road Half Marathon – Lyndhurst	Half marathon	Not running
29/10/23	Stickler	10.1 miles	
See below	Best of the Upton Summer Series	5.5k	

- Completion of 5 of the events listed is required to qualify for the off-road series.
- Entrants will also be required to complete at least one race of 10 miles or more from the list.
- If you enter the same Event but choose a longer distance we will accept the time for the equivalent distance/ course features (Hills)
- Entrants are encouraged to wear club vests or tee shirts.
- Scores will be included for competitors as long as sufficient races remain to complete the required minimum of 5
- Some races have yet to start taking entries or to confirm dates. If there are any changes to the list as events unfold, these will be published via WhatsApp, Email, Facebook.
- 3, 31 May, 21 June, 12, 26 July, 9 Aug. Summer series