

Proposed Road Races for Club Championships 2023

Date	Event	Distance	Band	League	Running/ not running
5/3/23	Blackmore Vale Half	13.1 mile	Long	DRRL	
12/2/23	Lytchett 10 (virtual if full)	10 mile	Medium/ Long	DRRL	
March or Sept	Poole Park Run	5km	Short		
2/4/23	Marshall 12k	12km	Medium	DRRL	
13/7 or 11/9	Club Mile Slades Farm	1mile	Short		
21/5/23	May 5	5 miles	Short	DRRL	
2/7/23	Portland 10	10 mile	Medium/ Long	DRRL	
6/8/23	Sturminster Half	13.1 mile	Long		
24/9/23	Round the Lakes 10K	10 km	Medium	DRRL	
8/10/23	Gold hill 10K	10 km	Medium	DRRL	
Jan, Feb or Nov	Best of Winter series 5k	5km	Short		
19/11/23	Wimborne 10	10 mile	Medium/ Long	DRRL	
Jan - Oct 31	Any marathon with UKA(or international equivalent) road race with course measurement certificate.	26.2 miles	Long		

- Your best 6 races count - you must compete in a minimum of 6 events to qualify
- Runners must compete a minimum of one race from each distance to qualify - short, medium and long.
- 10 mile races can be counted in either the medium category or the long category.
- You must run at least one race from each distance band with the exception of over 65s, for whom the long distance is optional.
- 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 6
- 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 and BJ newsletter.