

Bournemouth Joggers Club Championship 2023

Commences 1st January 2023

Races to be completed on specified race date or course completed between Friday – Sunday of dates if races become full (the Lytchett 10 is very likely to be over-subscribed).

For any races that have to be run 'virtually' an Event will be created in BJ Facebook group and a map of the route will be displayed on the event page. Please do not deviate from this. For such events, your result must strictly be a screenshot of your ELAPSED time from Garmin or Strava – to be posted on the Facebook Event Page before the closing date. Only 1 entry per event allowed (if you attempt the course more than once, please only submit 1 time). Your best 6 races to count – you must compete in a minimum of 6 Road events or 5 Off Road to qualify. (off road reduced to 5 events to qualify as 2 events have been cancelled as of July 2023)

Rules and Regulations

- To be eligible for Club Championship points you must be a fully paid up first claim England Athletics affiliated member of Bournemouth Joggers at the time of completing the events. This does not include social and second claim members.
- Scores will be included for competitors as long as sufficient races remain to compete the required minimum of 6 for Road or 5 for Off-Road.
- You are encouraged to wear your club vest or Club T-Shirt at every event, aside from a marathon if you are taking part for charity.
- Results will be calculated by time and prizes awarded by age category – based on your age as at 1st January 2023.
- Minimum age 18.
- Prizes will be awarded for 1st in each age category and also 1st, 2nd & 3rd for the Club for Road & also for Off Road.
- **Endeavor Awards:** Members who complete any **12** races from the road and off road list will qualify for the Endeavor award.
- Age categories are: 18-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.