

## Provisional race list 2011

Subject to confirmation of all races going ahead as scheduled.

The Club championships co-ordinators reserve the right to amend this list if races are cancelled/ postponed or not organised during 2011.

Month	Race	Road - A	Off Road B	Short	Medium	Long
J	LLiswerry 8	X			8miles	
F	LCL X country		X	6-10km		
M	Hogweed Hilly Half	X				13miles
A	Sugar Loaf Fell		X		7miles	
May	Tyntesfield 10k		X		6ish miles	
June	Mallards Pike	X		5miles		
July	any road 10km in the month	X			10km	
August	Standish Woodland chase		X		<10miles	
September	Upton Bishop	X		5.6		
October	Stroud ½	X				13 miles
November	Sospan 10 Llanelli		X		10 mile	
December	Xmas Tree Race		X	4-5 miles		

The distance categories are there for information and to help you plan your training, there isn't any need to complete a range of distances to qualify for the championships.

### **Bonus races:**

Any race over a measured and verifiable marathon course (26.2 miles) anywhere in the world over any terrain) As long as results can be checked.

Your best time from Forest Park run: A measured 5k course near Five Acres. Your best time from any Forest of Dean Parkrun event during the calendar year 2011.

There will be 12 nominated races ranging in distance from 4 (ish) miles up to half marathon, some road and some off road. You can also submit your best marathon time and we will include your best time at the Forest of Dean Park run series in 2011. Up to 7 races will count and you need to do a minimum of 2 road and 2 off road events.

**Please note the bonus races DO NOT count towards road/ off road events. You must do a minimum of 2 road and 2 off road events from the published list to qualify for the championship.**

Points are awarded based on your finishing position and your time. There is a men's and a women's competition based on position, and a "Best In Club" based on age related factors.