



2023/24 Club Championship Races



1	Ewell Court 4 (ESL) 30th March (road)
2	Any Spring Half Marathon (March, April, May) inc Richmond (SRL) 7th May
3	Any Spring Marathon (March, April, May)
4	Sutton 10km (SRL) 21st May (road)
5	Any Near-as-damn-it 10km 25th May, 29th June, 27th July (off-road)
6	Dorking 10 miles (SRL) 4th June (road)
7	Tour of Parkruns – 5 race mini-league June
8	Nonsuch Relays 4x3km 20th June (road)
9	Richmond 10km (SRL) 25th June (road)
10	Any Recurring Handicap Race June / Sept / Dec / March (road)
11	Elmore 7 (SRL) 15th July (road)
12	Elmbridge 10km (SRL) 23rd July (road)
13	Any Autumn Half Marathon (Sept, Oct, Nov)
14	Any Autumn Marathon (Sept, Oct, Nov)
15	Surrey County Relays 9th Sept (road)
16	The Andrew Griffin Mile 13th Sept (track)
17	The Robbie 'Red Hat' Marathon relay 1st October (off-road)
18	East Sy Lge XC #1 (ESL) – Lloyd Pk October (off-road)
19	Surrey Cross-Country League #1 October (2 races) (off-road)
20	Cabbage Patch 10 miles (SRL) 15th October (road)
21	Croydon 10km October (road)
22	Surrey Cross-Country League #2 November (2 races) (off-road)
23	Tadworth 10 miles January (road)
24	Surrey Cross-Country League #3 January (2 races) (off-road)
25	Surrey Cross-Country League #4 February (2 races) (off-road)
26	Valentines 10km February (road)
27	East Sy Lge XC #2 (ESL) – Lloyd Pk March (off-road)
28	Any Banstead Wood or Roundshaw Downs parkruns 2nd, 9th, 16th, 23rd, 30th March (off-road)

(SRL) = Surrey Road League (ESL) = East Surrey League

Short' distance

Medium' distance

Long' distance

Red Box = 10 bonus points awarded for Age Graded and Handicap competitions