



2023/24 Club Championship Races



1	30th March 2023	Ewell Court 4 (ESL) (road)
2	March, April, May 2023	Any Spring Half Marathon, inc Richmond (SRL) 7th May
3	March, April, May 2023	Any Spring Marathon
4	21st May 2023	Sutton 10km (SRL) (road)
5	25th May, 29th June, 27th July 2023	Any Near-as-damn-it 10km (trail)
6	4th June 2023	Dorking 10 miles (SRL) (road)
7	xx June 2023	Tour of Parkruns – 5 race mini-league
8	20th June 2023	Nonsuch Relays 4x3km (road)
9	25th June 2023	Richmond 10km (SRL) (road)
10	June / Sept / Dec / March	Any Recurring Handicap Race (road)
11	15th July 2023	Elmore 7 (SRL) (road)
12	23rd July 2023	Elmbridge 10km (SRL) (road)
13	Sept, Oct, Nov 2023	Any Autumn Half Marathon
14	Sept, Oct, Nov 2023	Any Autumn Marathon
15	9th Sept 2023	Surrey County Relays (road)
16	13th Sept 2023	The Andrew Griffin Mile (track)
17	1st October 2023	The Robbie 'Red Hat' Marathon relay (trail)
18	7th October 2023	East Sy Lge XC #1 (ESL) – Lloyd Pk (trail)
19	14th October 2023	Surrey Cross-Country League #1 (2 races) (trail)
20	15th October 2023	Cabbage Patch 10 miles (SRL) (road)
21	11th November 2023	Surrey Cross-Country League #2 (2 races) (trail)
22	26th November 2023	Beddington Park 10km (road)
23	7th January 2024	Tadworth 10 miles (mixed)
24	13th January 2024	Surrey Cross-Country League #3 (2 races) (trail)
25	10th February 2024	Surrey Cross-Country League #4 (2 races) (trail)
26	xx February 2024	Valentines 10km (road)
27	xx March 2024	East Sy Lge XC #2 (ESL) – Lloyd Pk (trail)
28	2nd, 9th, 16th, 23rd, 30th March 2024	Any Banstead Wood or Roundshaw Downs parkruns (trail)

(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