

Club Championship Races 2012

Each runner's best six events from listed races will count towards final score. One of your six races can be a marathon - any marathon counts; it will be graded against other member's marathon times to calculate a score. For more details, see the Club Awards section of the website <http://www.bsrc.org.uk>

January	Sun 8 th	<u>Newport Cross-country</u>	Second of the Cross-country league races for 2011/12 season. Approx 5M.
	Sun 15 th	<u>Harlow Cross-country</u>	Third of the Cross-country league races. 5M
February	Sun 5 th	<u>Great Bentley Half</u>	Included as it does not clash with Dinner Dance this year. Entries open mid-Dec.
March	Sun 11 th	<u>Grizzly</u>	Tough 20 mile off-road race in Devon. Official entries now closed, but spare places usually come up within the Club
	Sun 25 th	<u>Stowmarket Half</u>	Popular half marathon in Suffolk. Online entries are open already. It is also a marathon training schedule target race.
April	Sun 1 st	<u>St Clare Hospice 10K</u>	Very popular local 10km race.
May	Tues 8 th	<u>Harlow Ladies 5K</u>	Race 1 of a three race series
	Tues 22 nd	<u>Harlow Ladies 5K</u>	Race 2 (3 rd is not part of our Club Champs)
	Wed 30 th	<u>Midweek Road Running League - Race 2 (approx 10K)</u>	Hosted by Orion Harriers (Chingford)
June	Mon 4 th	<u>Hatfield Broad Oak 10K</u>	Fast, local 10km road race. Enter online from 1 st March.
	Tues 12 th	<u>Midweek Road Running League – Div II, Race 3 (approx 10K)</u>	Hosted by Royston Runners
	Sun 24 th	<u>Stansted 10K</u>	
	Weds 27 th	<u>Midweek Road Running League – Div II, Race 4 (approx 10K)</u>	Hosted by North Herts Road Runners (Letchworth)
July	Sun 8 th	<u>Felsted 10K</u>	http://www.grangefarmtrotters.co.uk
	Sun 22 nd	<u>Harlow 10</u>	
August	TBC	<u>Stevenage 5K</u>	One of the three race series
Sept	Sun 9 th	<u>Grunty Fen Half</u>	Online entries open, enter early. http://www.elyrunners.co.uk/gruntyfen/
	TBC	<u>Takeley 10K</u>	
October	Sun 7 th	<u>Manuden 10k</u>	http://www.manuden.org.uk/funrunInfo.asp
	Sun 14 th	<u>Ware 10</u>	www.ware-joggers.co.uk
November	TBC	<u>Stevenage Half</u>	
	11 th Nov	<u>Stebbing 10</u>	
December	TBC	<u>Cross country league (1 or 2 races)</u>	
	TBC	<u>Buntingford 10</u>	

A word from our Club Coaches – if you are looking for personal bests, do not try to do too many races. Better performances will be obtained by picking key races, and building a training plan around those. Too many races can lead to fatigue and injury. Only six races need be completed.