

Club Competition 2024

Best six count from the below

13 January 2024	Chipping Norton Parkrun
10 February 2024	BRR Relayⁱ (<i>in aid of North Cotswolds Foodbank</i>)
17 March 2024	Pendock Spring Chicken 10Kⁱⁱ (<i>proceeds to Pendock CE Primary School</i>)
April 2024	Club sessionsⁱⁱⁱ
10, 14 & 15 May 2024	Bourton Mile^{iv}
12 June 2024	Cirencester Summer Sizzler
7 July 2024	The Condicote Handicap^v
August 2024	Best Parkrun
September or October 2024	Best 10K in an organised event^{vi}
6 October 2024	Cirencester 10 mile Slog (<i>proceeds to SARA Cotswolds and NFRSA</i>)
3 November 2024	Tewkesbury Guy Fawkes
Best Half Marathon^{vii}	
Best Marathon^{viii}	

ⁱ Subject to being finalised (but we will be using this date whatever)

ⁱⁱ Only the 10K counts but some may enjoy the non-point scoring 5k

ⁱⁱⁱ 2 points a session up to maximum of 10.

^{iv} You can only run the official Bourton Mile if you put forward a non-club member marshal. There will be two further chances to set a time on Tuesday efforts and Wednesday morning.

^v Handicap set on your best 2024 5K. If none recorded, we will use 2023. Further details TBC

^{vi} I will be encouraging people to do Angels and /or Pride 10K but Pride 10k date will not be announced for a while, hence why I have left it quite flexible. Other organised races allowed.

^{vii} We will use Strava/Garmin elapsed times for non-official events.

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- Your age category is dependent on your age on 1/1/24 but you can elect to move up a category if you have category changing birthday in the first half of the year.
- You can ask me any questions – in person, on WhatsApp or on barry@gryklaw.com.