

GVH Club League 2021-2022

Qualifying period – 1st October 2021 through to 5th September 2022

2 Components

Component 1 – Cross Country

5 events - Shotover Hill, Teardrop Lakes, Stopsley Common, Campbell Park and Shuttleworth College

Members who compete will be ranked by time, additional 5 point bonus for attending

Component 2 – Distance Events

5k (Parkrun not included), 5 miles, 10k, 10 miles, Half Marathon, 20 Miles and Marathon

Members will be ranked by time, starting at 25 points down to a minimum of 5 points

Only one time per distance will count towards the league, an improved time can be submitted within the qualifying period

Double points for PB's in the distance events

3 categories

Men's, Women's and Age Graded

Results form available on the website for submission of distance events