Club League 2023 - 24

October – Rickmansworth Parkrun (21st October)

November – Hatfield 5 (26th November)

December – Cassiobury Parkrun (16th December)

January – Fred Hughes (date tbc)

February – tbc

March – Berko Half (3rd March 2024)

April – St Albans Easter 10k (date tbc)

May – Pednor 5 (date tbc)

June – St Albans Half Marathon (9th June)

July – Waddesden 5k (date tbc)

August – Gadebridge Parkrun (10th August)

September – Bedford Running Festival 10k (7th September 2023 – date tbc)

Results will be collated from official race results

One marathon to score
Ultras will also score, distances to be treated separately (i.e. 50k, 50 miles, 100k etc.). The distances which we will use qualifying events will be 50k, 50 miles, 100k and 100 miles. Results for marathons/ultras to be entered via form on website

25 points down to 5 (1st place gets 25, 2nd place gets 24 etc, down to 5, if more than 20 runners participate then 21st place and below will receive 5 points)
Bonus 5 points for PB's

Male Award, Female Award and Age Graded