

**Alchester Club Champs Proposed Races 2019/20**

Month	Race	Venue	Terrain	Competition	Distance	Website
November	Oxfordshire League XC (3rd Nov)		Cross Country	Oxfordshire League 2019	Men = 8k - 10k & ladies = 5.5k - 6k	<a href="http://oxonxc.org.uk">http://oxonxc.org.uk</a>
November	Eynsham 10k (24th Nov)	Eynsham	Road	Oxon GP 2019-20	10k	<a href="http://www.eynshamroadrunners.org.uk/10k/">http://www.eynshamroadrunners.org.uk/10k/</a>
December	Oxfordshire League XC (1st Dec)	Cirencester	Cross Country	Oxfordshire League 2019	Men = 8k - 10k & ladies = 5.5k - 6k	<a href="http://oxonxc.org.uk">http://oxonxc.org.uk</a>
December	Hooky Christmas Canter (15th Dec)	Hook Norton	Multi-terrain	<b>Bonus points for fancy dress</b>	7 miles approx	<a href="http://www.hooknortonharriers.org.uk/our-races/">http://www.hooknortonharriers.org.uk/our-races/</a>
January	Oxfordshire League XC (5th Jan)	Bo Peep Caravan Park, Adderbury	Cross Country	Oxfordshire League 2019	Men = 8k - 10k & ladies = 5.5k - 6k	<a href="http://oxonxc.org.uk">http://oxonxc.org.uk</a>
February	Oxfordshire League XC (2nd Feb)	Lawns Park, Swindon	Cross Country	Oxfordshire League 2019	Men = 8k - 10k & ladies = 5.5k - 6k	<a href="http://oxonxc.org.uk">http://oxonxc.org.uk</a>
February	Winslow 10k (23rd Feb)	Winslow, Bucks	Road	N/A	10k	<a href="http://www.winslowlions.org.uk/10k-run.html">http://www.winslowlions.org.uk/10k-run.html</a>
March	Oxfordshire League XC (1st Mar)	Henley Showground	Cross Country	Oxfordshire League 2019	Men = 8k - 10k & ladies = 5.5k - 6k	<a href="http://oxonxc.org.uk">http://oxonxc.org.uk</a>
March	Banbury 15 (15th March? - unconfirmed)	Banbury	Road	Oxon GP 2019-20	15 miles	<a href="http://www.banburyharriers.org/banburyruninfo.asp">http://www.banburyharriers.org/banburyruninfo.asp</a>
April	White Horse Half (5th April)	Grove, Wantage	Road	Oxon GP 2019-20	13.1 miles	<a href="https://whitehorseharriers.uk/halfmarathon/">https://whitehorseharriers.uk/halfmarathon/</a>
April	Oxon Road Relays (date TBC)	Abingdon	Road	Oxon GP 2019-20	3.5 miles approx	Date & Venue TBC
April	Charlton Motavation (30th April)	Charlton-on-Otmoor	Road	Motavation 2020 & Oxon GP 2019-20	4.1 miles	<a href="http://www.kidlingtonrunning.org.uk/mota-vation">http://www.kidlingtonrunning.org.uk/mota-vation</a>
May	Buckingham Half (17th May)	Buckingham	Road	N/A	13.1 miles	<a href="http://buckinghamrunningclub.ipage.com/the-buckingham-half-marathon-2019/">http://buckinghamrunningclub.ipage.com/the-buckingham-half-marathon-2019/</a>
May	Bletchingdon Motivation (28th May)	Bletchingdon	Road	Motavation 2020	4.25 miles	<a href="http://www.kidlingtonrunning.org.uk/mota-vation">http://www.kidlingtonrunning.org.uk/mota-vation</a>
June	Otmoor Challenge (6th June? - unconfirmed)	Horton-cum-Studley	Multi-terrain	N/A	13 miles approx	<a href="http://www.otmoorchallenge.co.uk/index.html">http://www.otmoorchallenge.co.uk/index.html</a>
June	Combe I Motavation (25th June)	Combe	Road	Motavation 2020	4 miles approx	<a href="http://www.kidlingtonrunning.org.uk/mota-vation">http://www.kidlingtonrunning.org.uk/mota-vation</a>
July	Didcot 5 (5th July)	Didcot	Road	Oxon GP 2019-20	5 miles	<a href="https://www.didcotrunners.org.uk/didcot-5">https://www.didcotrunners.org.uk/didcot-5</a>
July	Waddesdon 5k (15th July)	Waddesdon Manor	Road	N/A	5k	<a href="http://www.voaac.org.uk/waddesdon-manor-5k/">http://www.voaac.org.uk/waddesdon-manor-5k/</a>
July	Hornton 6 (18 July? - unconfirmed)	Hornton nr Banbury	Road	Oxon GP 2019-20	6 miles	<a href="http://www.cherwellrunners.co.uk/hornton/">http://www.cherwellrunners.co.uk/hornton/</a>
July	Combe II Motavation (30th July)	Combe	Road	Motavation 2020	4 miles approx	<a href="http://www.kidlingtonrunning.org.uk/mota-vation">http://www.kidlingtonrunning.org.uk/mota-vation</a>
August	Hooky 6 (8th Aug? - unconfirmed)	Hook Norton	Road	Oxon GP 2019-20	6 miles	<a href="http://www.hooknortonharriers.org.uk/our-races/">http://www.hooknortonharriers.org.uk/our-races/</a>
August	Oxford Motavation (27th August)	Stratfield Brake	Multi-terrain	Motavation 2020	4 miles approx	<a href="http://www.kidlingtonrunning.org.uk/mota-vation">http://www.kidlingtonrunning.org.uk/mota-vation</a>
August	Headington 5 (end of August - date unconfirmed)	Marston, Oxford	Road	Oxon GP 2019-20	5 miles	
September	Cotswold Classic 10 (mid-Sept - date unconfirmed)	Witney	Road	Oxon GP 2019-20	10 miles	<a href="http://www.witneyroadrunners.co.uk/cotswoldclassic/">http://www.witneyroadrunners.co.uk/cotswoldclassic/</a>
September	Woodstock 12 (mid-Sept - date unconfirmed)	Blenheim Palace	Road	Oxon GP 2019-20	12 miles	<a href="http://www.woodstockharriers.com/df.asp?blref=df040">http://www.woodstockharriers.com/df.asp?blref=df040</a>
October	Hanney 5 (early Oct - date unconfirmed)	Hanney	Road	Oxon GP 2019-20	5 miles	<a href="http://www.oxfordcityathleticclub.com/hanney-5">http://www.oxfordcityathleticclub.com/hanney-5</a>

**Plus**

Bicester Parkrun (2) November 1st - March 31st and April 1st - October 31st Best time to count

Any Marathon November 1st - October 31st including any as part of a "Power of 10 equivalent" registered Ironman (must be entered as Alchester)

**Rules**

Club Championship Rules 2019-2020

1. Runner must be a current First-Claim Alchester RC member at the time of the event, and must appear in their own name on race results to score points.

2. Club vest/ shirt must be worn to accumulate points. No club vest/ shirt, no points. The only exception to this may be the marathon (if there is good reason, eg. running in charity vest), Hooky Christmas Canter (if fancy dress is worn) and parkrun.
3. Club name 'Alchester RC' must be entered on race entry/ results.
4. Points will be scored in each age category as follows, and from 'Chip time' where applicable: 1st place 100 points; 2nd place 90 points; 3rd place 85 points; 4th place 80 points; 5th place 79 points. Each following position will score 1 less point than the preceding scorer. DNS/DNF will not score points.
  - 4a. Each participant will only score points in the age category that they are in at the start of the championship, or upon joining the club.
  - 4b. Points will be awarded for completion of a full certified and measured marathon (UKA or international equivalent, or as part of an Ironman 140.6) - awarded by time in each age category, and using the same points listed above.
  - 4c. Minimum of 6 events to qualify for the championship.
  - 4d. Maximum of 14 events to count towards total.
  - 4e. It is the responsibility of the participant to e-mail their best parkrun and marathon time to [jenniferpyper36@hotmail.com](mailto:jenniferpyper36@hotmail.com)
5. In the event of a tie, head-to-head results will be used to determine the winner.
6. In the event of a race being cancelled, we reserve the right to add in another.
7. You must still be a first claim member by the end of the Club Championships season to win a prize.