



		04/11/2018	25/11/2018	16/12/2018	06/01/2019	03/02/2019	24/02/2019	17/03/2019	14/04/2019	02/05/2019	06/06/2019 (new date)	08/06/2019	09/06/2019	CANCELLED	17/07/2019	20/07/2019	05/08/2019	29/08/2019	07/09/2019	14/09/2019	06/10/2019	Nov-Mar	Points for 1st half	Apr-Oct	points for 2nd half	Nov-Oct		
<b>SENIOR</b>																												
Bagnall	Jamie		90		77				90	85						85							19:52	75	20:30			
Bayliss	Vincente	78			75	78		90	79	78	85					80							19:47	76	21:08			
Elms	Michael										75																	
Ford	Will															78												
Fox	David	76		115	73																				21:50			
Francis	Richard	80			78	85																	18:22	79				
Giles	Antony																								18:56			
Godber	Lee												90			90			85						23:02			
Green	Rob																											
Hayden	Ashley																											
Hornby	Colin				90		90		85	90	100												18:24	78				
Hurst	Andrew					76				74	79								100				21:37	73	17:42			
Ingram	David				79	80				80									90				17:48	85	22:10			
Kelly	Andrew			110	74	75	85													85	100		22:51	72	18:37	04:50		
Leverton	Paul	90			80	100		100					100										18:10	80	25:03			
Long	Lewis																								17:48			
Lumley	Christopher	100	100		100	90	100		100	100					100		100	100					17:46	90	22:11			
Mackie	Chris																								17:50			
Madigan	Neil																											
Malone	Niall															100												
Marley	Nigel																								19:10			
Poole	Simon	79				79				79	90					90							19:29	77				
Stokes	Ashley															76									25:50			
Thatcher	Matthew																						20:44	74	19:49			
Tregurtha	David															79												
Varney	Francis	77			76	77			80	77																		
Weeks	Adrian		85						78	76	80					77			80	90			23:13	71	22:11			
Woodruff	Tom																								18:04		Milton Keynes	
Wright	James	85		100	85																		17:19	100	19:20		Blackpool	
<b>V40</b>																												
Bowen	Alan	77			79	79		85		79	80					75	100	85					19:43	78	19:46			
Bowles	Andrew								80										90									
Evans	Rob	76			76	78				75	77					77			78				22:04	74	21:07			
Fisher	Mike	74		115	75	76	79			72					79	100	80	76	78				25:35	68				
French	Kevin									80	85												19:07	80	19:35			
Gould	Richard	100			100	100				90	90							100					17:49	85	21:44	Manchester		
Grainge	Matthew													90														
Greig	Neil	85	100				100	100	100	100													17:36	100	18:06			
Hill	Graham																						24:58	69	22:41			
Hopcroft	Steven																											
Hunter	Ian	80			85			90							100	100									19:14	79	19:19	London
Keaney	Peter					80									85	85	85		79	79			22:59	73	22:57			
Kerr	Alasdair	79	90		78	80	85			78	78	90				72		80			90		19:48	77	20:13			
Lancaster	Ian					77										73							22:19	72	21:02			
Prior	Adrian										73														29:19			
Stickley	Andrew	90			90	90				85	100					74		90	100				17:48	90	18:32			
Silvey	Andy				74	75	78		79																			
Warland	Gary	78	85	125	80	85	90			90	77	79			100	71		79				20:28	76	21:35				
Webb	Lawrence													80											23:37			
Wellstead	Jon																											
Whiteley	Kevin																						23:59	70	23:12			
White	Jonathan								85	76	76	85	80		90	90	90	77	85	85			21:20	75	21:19	03:58		
Worfolk	Simon	75			77					74	75					76							23:17	71	21:18			
<b>V50</b>																												
Best	Simon	90	90		90	90	90	90	90	90	100				90	80		100					21:23	90	21:43			
Bowen	Steve						80			79	85				80	79			100				24:53	78	24:51			
Chery	Nick															78				100					25:00			
Curtis	Chris																											
Grieve	Graham								85							85									22:54		Manchester	
Hine	Alan									85					85	100	90						23:27	85	24:14			
Owen	Rick																								31:22			
Routledge	Steve																								26:32			
Sangar	Stephen	80		125	80	80	85		80	80	90				79	77	85						24:03	79	24:31			
Wells	Stewart	85			85	85										100			90				23:45	80	24:35			
<b>V60</b>																												
Burgess	Jonathan	100			90	90										100												
Galuszka	John																				100							
Ingram	John																				90				24:40			
Kerr	Robert			125	85	100				100					100	85	100	100	100				20:39	100	20:53			
Nelson	John		100		100																							
Smee	Tim															90												
<b>V70</b>																												
Basham	David			125			100								100	100	100		100	100		26:34	100	25:24		London		
Lambert	Nigel	100	100	115	100	100			100	100					90	90	90	100			90		27:04	90	27:42			

Month	Race	Venue	Terrain	Competition	Distance	Website
November	Oxfordshire League XC (5th Nov)	Newbury Showground	Cross Country	Oxfordshire League	Men = 8k - 10k & ladies = 5.5k - 6k	<a href="http://oxonxc.org.uk/events/index.php?viewevent=1824">http://oxonxc.org.uk/events/index.php?viewevent=1824</a>
	Eynsham 10k (25th Nov)	Eynsham	Road	Oxon GP 2018	10k	<a href="http://www.eynshamroadrunners.org.uk/10k/">http://www.eynshamroadrunners.org.uk/10k/</a>
December	Hooky Christmas Canter (16th 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 (6th Jan)	Horspath	Cross Country	Oxfordshire League	Men = 8k - 10k & ladies = 5.5k - 6k	<a href="http://oxonxc.org.uk/events/index.php?viewevent=1826">http://oxonxc.org.uk/events/index.php?viewevent=1826</a>
February	Oxfordshire League XC (3rd Feb)	Adderbury	Cross Country	Oxfordshire League	Men = 8k - 10k & ladies = 5.5k - 6k	<a href="http://oxonxc.org.uk/events/index.php?viewevent=1828">http://oxonxc.org.uk/events/index.php?viewevent=1828</a>
	Winslow 10k (24th Feb)	Winslow, Bucks	Road	N/A	10k	<a href="https://www.runbritain.com/RaceDetail.aspx?eventid=75b40cc05f56&amp;raceid=7cb509cb5e65">https://www.runbritain.com/RaceDetail.aspx?eventid=75b40cc05f56&amp;raceid=7cb509cb5e65</a>
March	Banbury 15 (17th March)	Banbury	Road	Oxon GP 2019	15 miles	<a href="http://www.banburyharriers.org/banburyruninfo.asp">http://www.banburyharriers.org/banburyruninfo.asp</a>
April	Oxon Road Relays (14th April)	Abingdon	Road	Oxon GP 2020	3.5 miles approx	Date & Venue TBC
May	Charlton Motavation (2nd May)	Charlton-on-Otmoor	Road	Motavation & Oxon GP 2020	4.1 miles	<a href="http://www.kidlingtonrunning.org.uk/mota-vation">http://www.kidlingtonrunning.org.uk/mota-vation</a>
	Bletchington Motivation (30th May)	Bletchington	Road	Motivation 2019	4.25 miles	<a href="http://www.kidlingtonrunning.org.uk/mota-vation">http://www.kidlingtonrunning.org.uk/mota-vation</a>
June	Otmoor Challenge (8th June)	Horton-cum-Studley	Multi-terrain	N/A	!3 miles approx	<a href="http://www.otmoorchallenge.co.uk/index.html">http://www.otmoorchallenge.co.uk/index.html</a>
	Buckingham Half (9th June)	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>
July	<b>Adderbury "Half" &amp; 7th July) CANCELLED</b>	<b>Adderbury</b>	<b>Multi-terrain</b>	<b>N/A</b>	<b>13-14 miles</b>	<a href="http://www.adderburyrunningclub.co.uk/">http://www.adderburyrunningclub.co.uk/</a>
	Waddesdon 5k (17th 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>
	Alchester Anniversary Event (20th July)	TBC	TBC	N/A	5k (relay leg)	TBC
August	Hooky 6 (4th August)	Hook Norton	Road	Oxon GP 2019	6 miles	<a href="http://www.hooknortonharriers.org.uk/our-races/">http://www.hooknortonharriers.org.uk/our-races/</a>
	Oxford Motavation : Stratfield Brake (28th August)	Marston Ferry Road, Oxford	Road	Motavation 2019	4.1 miles	<a href="http://www.kidlingtonrunning.org.uk/mota-vation">http://www.kidlingtonrunning.org.uk/mota-vation</a>
September	Cotswold Classic / Witney 10 (7th September)	Witney	Road	Oxon GP 2019	10 miles	<a href="http://www.witneyroadrunners.co.uk/cotswoldclassic/">http://www.witneyroadrunners.co.uk/cotswoldclassic/</a>
	Woodstock 12 (14th September)	Blenheim Palace	Road	Oxon GP 2019	12 miles	<a href="http://www.woodstockharriers.com/df.asp?lblef=df040">http://www.woodstockharriers.com/df.asp?lblef=df040</a>
October	Hanney 5 (6th October)	Hanney	Road	Oxon GP 2019	5 miles	<a href="http://www.oxfordcityathleticclub.com/hanney-5">http://www.oxfordcityathleticclub.com/hanney-5</a>

This will be updated as dates become known

**Plus**  
Bicester Parkrun (2) November 1st - March 31st 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

Best 12 results to count

Scores only valid for first claim runners

**25 bonus points if you do Hooky Christmas Canter in fancy dress**

#### Club Championship Rules 2018-19

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 12 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.