

# 2010 ABAAC Club Championship Calendar

<u>Dates (some TBC)</u>	<u>Race Name</u>	<u>Website for information</u>
10-Jan-10	Oxon County XC	<a href="http://www.oxonaa.org.uk/">www.oxonaa.org.uk/</a>
14-Feb-10	Dursley Dozen	<a href="http://www.g4cio.demon.co.uk/ddozen/ddozen.htm">www.g4cio.demon.co.uk/ddozen/ddozen.htm</a>
28-Feb-10	Bourton 10k	<a href="http://www.bourtonroadrunners.co.uk/">www.bourtonroadrunners.co.uk/</a>
21-Mar-10	Chedworth Roman 10 mile trail race	<a href="http://www.cirencester-ac.org.uk/chedworth.htm">www.cirencester-ac.org.uk/chedworth.htm</a>
02-Apr-10	Maidenhead 10 (miles)	<a href="http://www.maidenheadac.co.uk/">www.maidenheadac.co.uk/</a>
11-Apr-10	Whitehorse Half Marathon	<a href="http://www.whitehorseharriers.homestead.com/">www.whitehorseharriers.homestead.com/</a>
18-Apr-10	Oxon County Road Relays	<a href="http://www.oxonaa.org.uk/">www.oxonaa.org.uk/</a>
06-May-10	Mota-vation, Charlton - 4 miles	<a href="http://www.kidlingtonrunning.org.uk/">www.kidlingtonrunning.org.uk/</a>
16-May-10	Town & Gown 10k	TBA
18-May-10	Charndon 5K	<a href="http://www.alchester-runningclub.co.uk/">www.alchester-runningclub.co.uk/</a>
13-Jun-10	Chiltern Chase 10k (multi-terrain)	<a href="http://www.chilternchase.org.uk/">www.chilternchase.org.uk/</a>
<b>June Monday - date TBD</b>	<b>Sri Chinmoy Cutteslowe Park 3 miles</b>	<a href="http://www.srichinmoyraces.org.uk/races/oxford/">www.srichinmoyraces.org.uk/races/oxford/</a>
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04-Jul-10	Princes Risborough 10k	<a href="http://www.voaac.org.uk/">www.voaac.org.uk/</a>
11-Jul-10	Didcot 5 (miles)	<a href="http://www.didcotrunners.co.uk/">www.didcotrunners.co.uk/</a>
29th July & 26th Aug	Abingdon AAC Track 1500m	<a href="mailto:Entries to Jharvey@prosidion.com">Entries to Jharvey@prosidion.com</a>
08-Aug-10	Bearbrook 10k	<a href="http://www.bearbrookjoggers.co.uk/Bearbrook.htm">www.bearbrookjoggers.co.uk/Bearbrook.htm</a>
12-Sep-10	Witney Ten (miles)	<a href="http://www.witneyroadrunners.com/">www.witneyroadrunners.com/</a>
26-Sep-10	Finstock 10k	<a href="http://www.sites.google.com/site/finstock10k/home">www.sites.google.com/site/finstock10k/home</a>
10-Oct-10	Ridgeway Run (15k trail race, Tring)	<a href="http://www.tringrunningclub.org.uk/ridgeway.html">www.tringrunningclub.org.uk/ridgeway.html</a>
23-Oct-10	Abingdon AAC Track 5000m	<a href="mailto:Entries to Jharvey@prosidion.com">Entries to Jharvey@prosidion.com</a>
07-Nov-10	Oxford Mail Cross Country	<a href="http://www.oxonxc.org/">www.oxonxc.org/</a>
28-Nov-10	Eynsham 10K	<a href="http://www.eynshamroadrunners.org.uk/">www.eynshamroadrunners.org.uk/</a>
12-Dec-10	Andy Reading 10k, Bicester	<a href="http://www.alchester-runningclub.co.uk/andy_read">www.alchester-runningclub.co.uk/andy_read</a>
19-Dec-10	Abingdon AAC Pud Run 1/2 M	<a href="http://www.abingdonamblers.co.uk/">www.abingdonamblers.co.uk/</a>

## Rules:

- 1.(a) Up to 10 races will count towards your championship total points BUT only up to 5 races in either half of the calendar year
  - 1.(b) To qualify for age category/overall prizes, you must score in a minimum of 6 races (at any time of year)
  2. You must wear the Abingdon Amblers AC club vest/t-shirt (this rule does not apply to club track events or marathons, because charity vests are often worn)
  3. Points will run from 30 for first Ambler (M and F) down to 1 point minimum (points start above 30 if more than 30 Amblers).
  4. (a) Main Trophies/prizes: 1st overall male and female and 1st in each category  
SM, M40, M50, M60, M70, SW, W35, W45, W55, W65
  4. (b) Prolific Racer Prize. Will be awarded to the runner (M or F) who completes the most championship races, regardless of points scored.
  5. Age on 1st Jan 2010 determines category for whole year
  6. Overall male and female winners will not be eligible for age category prizes.
  7. Times and positions from official race results will always be used (chip times over gun times where used)
  8. The Championship co-ordinator may substitute races in the event of cancellations, date changes etc
  9. Only paid up first claim members of ABAAC are eligible
  10. It is the runners' responsibility to enter races in good time. No concessions will be made if entry limits prevent anyone running
  11. Order of tie-break:
    - (a) Compare sub-total of points only in races where tied runners both competed
    - (b) Compare average points per race (all races completed)
    - (c) Total number of qualifying races completed
- Queries to Championship Co-ordinator  
John Harvey [Jharvey@Prosidion.com](mailto:Jharvey@Prosidion.com)