|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Road Race Challenge 2024/25**  **Any 10k races that are not certified distance or give skewed race times will not be included in the Most Improved 10k Challenge** | | | | |
| DATE | RACE | DETAILS | Runners | COST |
| **2024** | Races highlighted in Blue / Yellow are not in race challenge | |  |  |
|  |  |  |  |  |
| March 3rd | **Liversedge Half** | Challenging/Hilly 10am start | 600 | £17.80 |
| March 10th | **Keighley 5k** | Undulating – 9am start | 1200 | £12 |
|  |  |  |  |  |
| April 14th | **Manchester Marathon** |  |  |  |
| April 21st | **London Marathon** |  |  |  |
| April 21st | **Leeds Roundhay Park 5k** | 10am start | 1000 | £21 |
|  |  |  |  |  |
| May 5th | **Melmerby Ripon 10k** | 11:30am start Undulating | 360 | £17 |
| May 12th TBC | **Leeds Marathon** |  |  |  |
| May 19th | **Calderdale Way Relay** |  |  |  |
|  |  |  |  |  |
| June 2nd | **Northowram 5 mile** | Undulating | 250 | £11 |
| June 30th | **Lindley 10k** | Undulating, 9:30 start | ? | £14 |
| June 2024 | **Club Summer Handicap 10k** | Tuesday race |  | Free |
|  |  |  |  |  |
| July 7th | **HELEN WINDSOR** | Undulating |  | £10 |
| July 14th | **Ilkley Half** | 10:30 start | ? | £35 |
|  |  |  |  |  |
| August 4th | **York 10k** | Flat – 9:30 start – T-shirt £10 extra |  | £26 |
| August TBC (29/8/23) | **Littleborough Charity 5k** | Undulating - Charity race sponsorship for local charities. **Tues 7pm – Note 1** | ? | £5 - 2023 |
|  |  |  |  |  |
| September 8th | **Vale of York Half** | **Away Day** we will have a mini-bus to the race and go for a pub lunch after. Flat fast course. T-shirt £10 extra | 1000 | £25 |
|  |  |  |  |  |
| October 6th | **Morley 10k** | 9am start - Undulating | 1000 | £18 |
| October 20th | **MAJORCA CLUB TRIP** | Race day 20th |  |  |
|  |  |  |  |  |
| November 17th | **Tadcaster 10 mile** | Undulating | 1000 | £18 - 2023 |
| November 23rd | **Benidorm Half & 10k** |  |  |  |
|  |  |  |  |  |
| December 1st TBC | **Myerscough 10 mile** | Flat – Cheese race | 400 | £17 80 - 2023 |
| **2025** |  |  |  |  |
| January TBC (28/1/24) | **Meltham (Tough) 10k** | 9:30 start |  |  |
|  |  |  |  |  |
| February TBC (4/2/24) | **Dewsbury 10k** | Flat – T-Shirt £7.50 extra – **2024 date announced Nov & sold out in 2/3 days** | 3000 | £18 - 2024 |

**5k 5 mile 10k 10 Mile Half Marathon**

**Notes:**

1.Local or previously run races but nothing published yet for 2024.

**2025 races – no dates yet**

**RULES FOR 2024/25**

1. The challenge will comprise of 15 road races from 5k to ½ marathon.
2. There will be 5 divisions. When runners complete their first race, they will be allocated a division based on their present level of fitness / best 10k time in 2022/24
3. The divisions will be:-

‘A’ Sub 40:00 minutes

‘B’ 40:00 to 44:59

‘C’ 45:00 to 49:59

‘D’ 50:00 to 54.59

‘E’ 55.00 and over

1. Runners best 6 results from the series of races will count for their final score. Runners may do as many or as few races as they wish.
2. Points in each division will be 1st = 20, 2nd = 19, 3rd = 18, etc.
3. Trophies will be awarded to the 1st 3 runners in each division
4. Runners must do a minimum of 4 races to receive an award
5. **YOU MUST ENTER ALL RACES AS A MEMBER OF HALIFAX HARRIERS, & HARRIERS CLUB KIT MUST BE WORN.**