



## County Antrim Harriers 2018 Race Series

1. Race Over The Glens - Monday 02<sup>nd</sup> Jan.  
<http://www.ballymenarunners.org/rotg/>
2. Born To Run Antrim 10K - Saturday 03<sup>rd</sup> Feb.  
<http://www.born2runevents.com/races.php?s=antrim-castle-gardens>
3. Speed Work Track Sessions - Wednesday 28<sup>th</sup> Feb.  
Simply turn up and participate at the club track session
4. Larne Half Marathon - Saturday 24<sup>th</sup> March.  
<http://larnehalfmarathon.webs.com/>
5. Speed Work Track Session - Wednesday 28<sup>th</sup> Mar.  
Simply turn up and participate at the club track session
6. A Spring Marathon  
Complete any one marathon between April and the end of May.
7. NI Running Mile – Provisional Date of Friday 4<sup>th</sup> May.  
<https://nirunning.co.uk/>
8. Park Run Day - 19<sup>th</sup> May.  
Choose any Parkrun and run.  
<http://www.parkrun.org.uk/events/events/>
9. Ballymena 5 Mile – Date To Be Confirmed (June).  
<http://www.ballymenarunners.org/>
10. Giants Trail 10K - End Of July Date To Be Confirmed  
<http://www.dubrunners.club/race/>
11. Mallusk 5 Mile – Date To Be Confirmed (Aug)  
<http://www.malluskharriers.co.uk/>
12. Interclub Race - Date To Be Confirmed (Aug)  
<http://larneac.co.uk/>

### **How The Points Work:**

For turning up at the start line of a race- **5 Points**

If you have a PB - **10 Points**

If you debut on a longer distance - **10 Points** (you won't get points for pb & debuting)

For turning up at the track Sessions everyone - **5 Points**

**Placing points will be allocated depending on number of participants from the club i.e. 15 members = 15points for 1<sup>st</sup>, 14 points for 2<sup>nd</sup> and so on.**

You do not have to complete the whole race series.

Maximum of 6 events to count towards points total. If more than 6 events are completed the highest scoring 6 will be used.

**We hope this is inclusive for all and encourage everyone to take part. It's not about being the fastest but more about participation! Prizes and Results will be allocated at the AGM.**