

KENT ROAD RACES – GRAND PRIX AND CHAMPIONSHIPS 2010

Provisional list of races

Race	Date	Day	Kent Champs	Grand Prix
Dartford 10 miles	17/1/10	Sun	Yes	Yes
Thanet 20 miles	7/3/10	Sun	Yes	Yes
Paddock Wood Half Marathon	11/4/10	Sun	Yes	Yes
Canterbury Half Marathon	23/5/10	Sun		Yes
Bluewater 10K	13/6/09	Sun	Yes	Yes
Mount Ephraim 10K	July *	Sun		Yes
Thanet Marathon	Sept*	Sun	Yes	Yes
Dulwich Park 10k	3/10/10	Sun		Yes
Maidstone Half Marathon	Oct*	Sun		Yes
Thanet 10m	Dec*	Sun		Yes

* Date still to be confirmed.

KENT CHAMPIONSHIPS – open to all Kent runners who qualify either by birth or by continuous residence for 9 months or more. Enter on official form. *Entries on the day do not count in the Championships.* Awards presented for first 3 in each category – M, M40, M50, M60, F, F35, F45, F55, Male team and Female team (3 to score)

KENT GRAND PRIX – open to members of Kent Clubs who have registered at the beginning of the year. Individuals who are not members of Kent Clubs may also enter. Points accumulated at each race meeting for top 6 men and top 4 women in each club (down to position 100). Team championship based on all 10 races. Individual Championships in categories M, M40, M50, M60, F, F35, F45, F55 based on best 6 of 10 races.