

<https://ocrworldchampionships.com/how-to-qualify/>

*"Athletes may also compete in our Journeyman & Journeyman divisions at select events. There are no finishing results requirement to compete in these divisions. Instead, athletes are required to complete any three obstacle course races prior to race day."*

*"Results must be from an event that occurred within one year prior to race day."*

## Here are my qualifying races.

I got a knee injury earlier this year but luckily I was able to fit in three races and qualify!

<https://www.facebook.com/events/462886634188306/>

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Ashtanga Yoga Kraków



AUG  
18

Only Fools Ride Horses 2019 | Obstacle Fun Run

Public · Hosted by Pukka Races

★ Interested

✓ Going

⋮

🕒 Sunday, August 18, 2019 at 8 AM – 3 PM

about 1 month ago

📍 Stratford Hills Livery Yard and Cross Country

Hills Farm, Ipswich Road, Stratford St Mary, CO7 6PA Colchester, ...

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Related Events

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Suffolk Whole Hog

Sun, Oct 13 at The Whole Hog

672 guests

Interested · Going



Nuclear Rush Weekend 2020

Sat May 16, 2020 at Nuclear R...

2,813 guests

Interested · Going



Inflatable 5k Obstacle Run - ...

Sat, Oct 5 at We Are Barleylan...

9,611 guests

Interested · Going



The Ipswich 5k, 10k and kid...

Sat, Nov 23 at Chantry Park Ip...

731 guests

Interested · Going



Colchester Stampede Half M...

Sun, Oct 6 at Colchester Zoo, ...

1,568 guests

Interested · Going



Boxted10k, 5k and 2k 2020

Sun Jun 14, 2020 at Boxted 10k

440 guests

Interested · Going



https://www.eventbrite.co.uk/e/the-farm-mud-run-basildon-8-september-2019-session-4-300pm-to-500pm-runners-with-dogs-tickets-63564934430#

eventbrite

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SEP 08

The Farm Mud Run - Basildon -8 September 2019- Session 4 - 3.00pm to 5:00pm...

by Foxes Farm Produce

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£1.67 - £22.15

Heart icon

Sales Ended

Details

https://raceforlife.cancerresearchuk.org/find-an-event/clapham-common-pretty-muddy-5k-2019-09-28-0000

Race for Life

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London - Clapham Pretty Muddy 5k 2019

LONDON - CLAPHAM PRETTY MUDDY 5K

SATURDAY 28 SEP 2019

£19.99 ADULTS | £10.00 CHILDREN | £19.99 YOUNG ADULTS