

# Thames Hare and Hounds Points Competition 09/10



Sept 19	Opening short distance 5 mile challenge race & handicap
Sept 26	Kingston & Poly 5 miles
Oct 3	Stragglers mob match 5 miles
Oct 24	Bank of England 4.5 miles
Oct 31	Cambridge University 7.5 miles
Nov 7	Kingston & Poly 7 miles
Nov 21	Mob match vs Ranelagh and long distance challenge 7.5 miles
Jan 16	Mob match vs South London Harriers 7.5 miles
Feb 13	Kingston & Poly 9 miles
Mar 6	Interclub 5 miles
Mar 20	10 mile challenge race & handicap

- For each of the above fixtures a point will be awarded for every Thames runner you finish in front of.
- Points will be totaled and published after each fixture and prizes awarded at the end of the season to the highest scoring in the following categories:
  - Men under 50
  - Men over 50
  - Ladies (all ages)
- Ages are taken as of the Opening Handicap. In the event of a tie the runner accumulating their points from the fewer number of fixtures will be favoured.
- The fixtures chosen are open to all club members and are events you can just turn up and run.
- Your points will count from however many fixtures you compete in, so it's not too late even if you missed the Opening Handicap.
- Please direct any questions to the Captain.