

KENT ROAD RACES – GRAND PRIX AND CHAMPIONSHIPS 2009

Provisional list of races

Race	Date	Day	Kent Champs	Grand Prix
Dartford 10 miles	18/1/09	Sun		Yes
Sidcup 10 miles	8/2/09	Sun	Yes	Yes
Thanet 20 miles	1/3/08	Sun	Yes	Yes
Darent Valley 10K	19/4/09	Sun		Yes
Canterbury Half Marathon	24/5/09	Sun		Yes
Harvel 5 miles	6/6/09	Sat		Yes
Cliffe Woods 10K	12/7/09	Sun	Yes	Yes
Thanet Marathon	6/9/09 *	Sun	Yes	Yes
Folkestone Half Marathon	27/9/08	Sun	Yes	Yes
Wilmington 10K	25/10/09 *	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.

Please note that due to a glut of races around February/March, the Thanet 20 will not be part of the Grand Prix series this year, although it remains a Kent Championship race.

FOR FURTHER DETAILS contact Rob Bright, 44 Pembroke Road, Coxheath, Maidstone, Kent ME17 4QN - Tel 01622 744187

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