

Month	Race	Distance (miles)	Distance Category	Terrain	Entry	Date & time	Further Details
Dec-13	Gwent: Bath	Women 5.9km Men 10.3km	N/A	XC	£4 OTD	W: 12:40 M: 2pm Sun 08/12	http://www.gwent-league.org.uk/
	Glos: Malvern	Women 6.5km Men 9.6km	N/A	XC	£3 OTD	W: 13:55 M: 2:40 Sat 14/12	http://www.glosaaa.org.uk/
Jan	Tor-y-Foel	4.5	Short	Trail	£3 OTD	2pm Sat 11/01	http://www.wfra.me.uk/
	Lliswerry	8	Short	Road	£12 pre	11:30am Sun 26/01	http://www.lliswerryrunners.com/
Feb	Glos: Plock Court	Women 6.4km Men 8.8km	N/A	XC	£3 OTD	W: 14:10 M: 14:55 Sat 01/02	http://www.glosaaa.org.uk/
	Gwent: Brecon, Penlan LC	Women 4.9km Men 8.3km	N/A	XC	£4 OTD	W: 12:50 M: 2:20 Sat 08/02	http://www.gwent-league.org.uk/
	Dursley Dozen	12	Long	Trail	£12 pre	10:30am Sun 9/02	http://www.fabian4.co.uk/default.aspx?EventID=930
March	Gwent: Bristol, Blaise Castle	Women 5.9km Men 10.3km	N/A	XC	£4 OTD	W: 12:40 M: 2:30 Sat 01/03	http://www.gwent-league.org.uk/
	Rhayader Round-the-lakes	20	Long	Road	£14	1pm Sat 08/03	http://www.rhayaderac.org.uk/
	*FoD Spring HM	13.1	Long	Trail	£19 pre	10am Sun 30/03	http://www.forestofdean-halfmarathon.co.uk/
April	†Hereford Couriers LC 5K	3.1	Short	Road	£3 pre £5 OTD	7:15pm Wed 9/04	http://herefordcouriers.com/5k-series/
	** Spring Forest mile	1	N/A	Track	£2	6:15 Tue 22/04	
	Hospice of the Valleys	6.2	Short	Road	£10	10:30am Sun 27/04	https://secure.onreg.com/onreg2/front/step1.php?id=2
May	†Hereford Couriers LC 5K	3.1	Short	Road	£3 pre £5 OTD	7:15pm Wed 07/05	http://herefordcouriers.com/5k-series/
	Aviator, Staverton runway	4	Short	Road	£6 pre or OTD	9:30am Sun 11/05	http://www.entrycentral.com/aviator4
	Sirhowy Challenge	10	Long	Trail	£10 OTD	Sun 18/05	http://www.islwynrunningclub.org.uk/Sirhowy-10.php
	Dymock HM	13.1	Long	Road	£13 post £14 OTD	11am Sun 25/05	http://www.dymockfestival.co.uk/#marathon
June	Magic Roundabout	6.2	Short	Trail	£10 pre £12 OTD	11am Jun 1st	http://www.hayhotfooters.co.uk/
	†Hereford Couriers LC 5K	3.1	Short	Road	£3 pre £5 OTD	7:15pm Wed 11/06	http://herefordcouriers.com/5k-series/
	Darren's Dash	6	Short	Trail	£10	Sun 15/06	http://www.wyevalleyrunners.co.uk/
July	Dorstone Dawdle	6.2	Short	MT	£8 pre £10 OTD	Sun 06/07	http://www.dorstone.org.uk/pages/calendar.html
	Brecon Fans Weekend: Pen-Y-Fan & Fan-Y-Big	3.5 & 10	Short Long	Trail	£4 & £5 Both £8	Midday Sat 12/07 Sun 13/07	http://www.breconfans.org.uk/
	Magor Marsh	6.2	Short	Road	£10	10:30 Sun 27/07	www.chepstowharriers.org.uk
Aug	‡Any FoD ParkRun	3.1	Short	Trail	FREE!	9am every Sat	
	**GlosAAA County Champs	1	N/A	Track	£3 OTD	7pm Wed 27/08	http://www.glosaaa.org.uk/
Sept	Breinton 10	10	Long	Road	£10	11am Sun 07/09	http://www.entrycentral.com/index.php?raceID=1026
	** Autumn Forest mile	1	N/A	Track	£2	6:15 Tue 09/09	
	*FoD Autumn HM	13.1	Long	Trail	£19	Sun 28/09	http://www.forestofdean-halfmarathon.co.uk/
Oct	Glos: Cotswold Farm Park	Women 6.5km Men 9.6km	N/A	XC	£3 OTD	W: 13:55 M: 2:40 Sat 11/10	http://www.glosaaa.org.uk/
	TBC						
	Gwent: Bridgend, Newbridge Fields	Women 5.9km Men 10.3km	N/A	XC	£4 OTD	W: 12:40 M: 2:30 Sun 12/10	http://www.gwent-league.org.uk/
Nov	Glos: Malvern	Women 6.5km Men 9.6km	N/A	XC	£3 OTD	W: 13:55 M: 2:40 Sat 01/11	http://www.glosaaa.org.uk/
	Bog & Bryn Challenge	13.1	Long	Trail	£12	Sun 02/11	http://www.fairwater-cwmbbran-runners.org.uk/
	????	Women 5.9km Men 10.3km	N/A	XC	£4 OTD	W: 12:40 M: 2:30 Sun 9/11	http://www.gwent-league.org.uk/
	Elan Valley 10	10	Long	road	£10	1pm Sun 22/11	http://www.rhayaderac.org.uk/

	Distances	Road	Trail	XC	Track	Rules
2	1 Mile				1	Enter club as Forest of Dean AC
11	3-5 Miles	2	3			Club vest to be worn
9	XC			2		Competitors must be over 18
6	6M/10K	3	3			& have FoDAC as 1st claim club
1	8 Mile	1				12 best races to count + 5 bonuses
4	10 Mile	2	2			Of the 12 not more than 7 Road
5	HM	1	3			Of the 12 not more than 7 Trail
1	20 Mile	1				Of the 12 not more than 7 classed as Short
						50 points to first FoDAC finisher M & F 49 pts to 2nd, 48 to 3rd etc

BONUSES	Max Points
Any Marathon	25
Best position, any Gwent XC	25
Best position, any Glos XC	50
Fastest track mile	50

There will also be an age graded championship alongside
Only one championship trophy per member (highest one)
Age grading as per <http://www.runningforfitness.org/>
Championship ends on November 22nd 2014

Series Races
*FoD HM highest FoDAC position from either race counts

**Track mile fastest time counts

†Hereford LC 5K series fastest time of 3 counts

‡FoD August Park Run fastest time of 5 counts

