

## Swaledale Runners Off-road Race Series 2026 (updated Feb. 2<sup>nd</sup>)

Welcome to a new challenge for you all in 2026. This one is all about off-road running, with plenty of distances and run experiences to choose from. There will be a Series T-shirt for all who run a minimum of 6 races.

To qualify for the Series, you need to complete at least 1 race from each of these categories, plus 3 more from any listed -

- Short: a race up to and including 6.9 miles.
- Medium: a race between 7 miles and up to and including 10 miles.
- Long: a race over 10 miles.

There are 15 races all together:

Date	Event	Distance	Category	Where to book
February 1st	Codbeck Canter	10M	Medium	FRA website
March 28th	Fremington Frenzy DR20	7M 12M	Medium Long	SiEntries
April 11th	Wensleydale Wander	12M 23M	Long Long	BookitZone
April 19th	Swainby Sweep	7M 16M	Medium Long	SiEntries
May 14th	Stately Trails Constable Burton	10K	Short	SiEntries
May 31st	Settle Saunter	6M Half marathon Marathon	Short Long Long	SiEntries
June 13th	Swaledale Marathon	23-24M	Long	SiEntries
July 18th	A Foot in Two Dales	50M	Long	SiEntries
Late July	James Herriot Trail Run	8.7M	Medium	runABC
August 29th	West Witton Fell Race	5M max	Short	Entry on the day
August 31st	Reeth Show Fell Race	2M	Short	Entry on the day
Mid- September	September Saunter	13.6M	Long	BookitZone
October 18th	Gormire Gambol	5.7M	Short	SiEntries
November 8th	Run Bolton Abbey	6M 10M	Short Medium	RaceBest

		Half marathon	Long	
November 21st	Litton Birks Fell Run	3M	Short	FRA website

Scoring will take place according to race times, gender and age. The race winner's time will be used as a start point to take into account differing terrain, weather on the day, distance and ascent. Extra points are earned for anyone 45 years of age or over.

We will take your best score from each distance category, and the rest from any other races to make up SIX that count.

Your finish time is taken as a % of your gender race winner's time - eg, for a female racer, if the 1st lady finishes in 80 minutes and your finish time is 100 minutes, then it would be  $80/100 =$  score of 80. If you are 49 years of age, for example, then an extra 5 points would be added to your score of 80, taking you to 85 points.

There will be prizes for the top 3 female and top 3 male racers in our Series.

Helen and Heather will process the results from all Swaledale members who complete the races above.