

## Holcombe Harriers Championship 2020

The solo will take part from **January 1st to May 31st**. You must complete **FIVE** races to count from at least **3 disciplines** (Parkrun is its own category), and your best scores count. The same scoring rules will apply, 50, 49,48 points for a 1st, 2nd, 3rd etc in your category down to a minimum of 10 points. Rules: You must compete as a Holcombe Harrier, in our kit. Where this is impossible, and for all Park Runs, plain kit must be worn.

<p><b>Fell:</b>  <b>Sat 11th Jan– Ashurst Beacon</b>          (Skelmersdale, 9.5k/290m)</p> <p><b>Tue 31st March Liver Hill</b> (Marl pits 7km/250m £2)</p> <p><b>Sat 11th April Wardle Skyline</b>          (7m/381m)</p> <p><b>Tue 5th May Orchan Rocks</b>          (Tod. 5.4km/280m)</p>	<p><b>Road:</b>  <b>Sun 26th Jan Park &amp; Run 10k</b>          (Preston)</p> <p><b>Sun 23rd Feb Settle Half/10m/10k</b></p> <p><b>Sun 1st March Accrington 10km</b></p> <p><b>Wed in May - 5k Hollingworth Lake series</b> – any/every Wed in May (best result counts)</p>	<p><b>Trail:</b>  <b>16th Feb Stockport Half Marathon</b></p> <p><b>5th April Brun Valley 10k Thompson Park, Burnley- (£8! -enter early!)</b></p> <p>Any Cowm reservoir 5k, Whitworth</p> <p><b>10th May Race2Remember 8km</b>          Scorton Lancaster</p> <p>One more to add?</p>
<p><b>Duathlon:</b></p> <p><b>16th Feb Oulton Park Duathlon</b>          (4.3k/20k/4.3k)</p> <p><b>24th May (date TBC) Dunham Massey Duathlon:</b>          (2.3k/14k/2.3k)</p> <p><b>29th March Oulton Park Duathlon</b>          (Sprint/standard/middle distance)</p>	<p><b>Triathlon / Aquathon</b></p> <p><b>12th April Clitheroe Tri</b>          (400m swim / 30k bike / 8k run)</p> <p><b>19th April Wilmslow</b> – variety of events and distances incl. swim run or swim bike <b>AND</b> a double sprint Tri</p> <p><b>3rd May Horwich Tri</b>          (500m swim/40k bike/8.6k run)</p>	<p><b>Time Trial /Cycling:</b></p> <p>Any <b>Spoco</b> event</p> <p><b>Tarleton Tens</b></p> <p><b>Edisford Bridge Tens</b></p>
<p><b>Park Run</b>  <b>Any ONE 5k Park Run</b> - any Saturday (plain kit only). Best score counts.</p>		<p><b>WILDCARD</b> – your choice of race          Rule: it must be <b>an official event with at least 50 participants</b>. It cannot be a parkrun!</p>

<b>JANUARY:</b> 11 <sup>th</sup> Fell (10k Skelmersdale) 26 <sup>th</sup> Road (10k Preston)
<b>FEBRUARY:</b> 16 <sup>th</sup> Duathlon (Oulton Sprint)/16 <sup>th</sup> Trail (Half M Stockport) 23 <sup>rd</sup> Road (Settle)
<b>MARCH:</b> 1 <sup>st</sup> Road (Accrington 10k) 29 <sup>th</sup> Duathlon (Oulton) 31 <sup>st</sup> Fell (Lee Mills)
<b>APRIL:</b> 5 <sup>th</sup> Trail Brun Valley 10k (Burnley) 11 <sup>th</sup> Fell (Wardle) 12 <sup>th</sup> Tri (Clitheroe) 19 <sup>th</sup> Tri (Wilmslow)
<b>MAY:</b> 3 <sup>rd</sup> Tri (Horwich) 5 <sup>th</sup> Fell (Tod) 10 <sup>th</sup> Trail (Scorton) 24 <sup>th</sup> Duathlon (Dunham Massey) Road any Weds (5k Hollingworth Lake)