**BEESTON AC**

**Road Race League 2023**

**Race (best 8 races out of 15) Race Date**

Notts 10, NG12 2LU (CC) Saturday, 11th March 2023, 2.00 pm ✔

SL1 Hexgreave, NG22 8LS Wednesday, 26th April 2023, 7.15 pm

SL2 Chilwell, postcode TBC Wednesday,10th May 2023, 7.15 pm

Carsington 7, DE6 1ST Sunday, 14th May 2023, 9.30 am

Smalley 5 Bells, DE7 6DU Saturday, 1st July 2023, 5.00 pm

HP GP3 Embankment 5k NG2 2JY Tuesday, 4th July 2023, 7.15 pm

SL4 Worksop, S80 3AP Wednesday, 12th July 2023, 7.15 pm

EVRC The Run, DE72 3BP Wednesday, 26th July 2023, 7.15 pm

Newstead Abbey Dash, NG15 9HJ (CC) Friday, 28th July 2023, 7.15 pm

SL5 Holme Pierrepont NG12 2LU Wednesday, 2nd August 2023, 7.15 pm

Castle Rock 10k, NG7 2RD Friday, 4th August 2023, 7.00 pm

Newark Half Marathon, NG24 4AU (CC) Sunday, 13th August 2023, 9.00 am

Wilne 10k, DE72 3QF Sunday, 3rd September 2023, 10.00 am

Robin Hood Half Marathon, NG2 2JY Sunday, 24th September 2023, 9.30 am

Goose Fair Gallop, TBC Sunday, 8th October 2023, 10.00 am

CC = County Championship race

SL = Summer League (free to members, turn up and run in your vest)

**parkrun challenge**

Points available if your age grading at the event is your best age grading.

Rules - 1st claim BAC members only. 10 points for showing up as either volunteer or runner. 10 points for age grading PB. 20 points for volunteering on 3 June

Have Beeston AC as your club on your parkrun profile as Dave will use this to filter the results.

18/02/2023 Beeston ✔

18/03/2023 Forest Rec ✔

15/04/2023 Long Eaton

13/05/2023 Rushcliffe

03/06/2023 Volunteer at any of the parkruns on the list

10/06/2023 Wollaton Park

08/07/2023 Colwick

05/08/2023 Clifton

02/09/2023 Gedling

**Fell League (full details at https://beestonac.com/fell-races)**

In 2023 you can count any [**8 FRA Races**](https://www.fellrunner.org.uk/races) as results toward the Beeston AC league, as long as you run in your club vest. From each result you’ll get an Age Category related score out of 100 – a percentage of your time vs. the first person in your category.

Sun19 Mar **Wolf’s Pit** (County Champs, pre-entry from February) ✔

Sun 23 Apr **Kinder Downfall** (pre-entry from February)

Wed 26 Apr **Tigers Trail** (pre-entry from February). More like a trail race. Starts and ends with a downhill mile on the road. Uphill woodland trail in between

Tues 9 May June **Burbage Skyline**, pre-entry. Technical and tough, with bog and bulls.

Thurs 18 May. **Park’s Life**, Belper.

Tues 23 May **Totley Moor**, pre-entry online. Hills, more hills, and another hill at the end!

Mon 29 May **Bamford Sheepdog Trials**, [pre-entry](https://www.fabian4.co.uk/step1/ContactDetails.aspx) and entry on the day (1pm, Bank Holiday). Up and down Win Hill from the Sheepdog Trials.

Thu 16 Jun **Grindleford**, pre-entry. Two river crossings!

Tue 20 June **Riber Run** (Lea, Matlock) – entry on the day. Downhill start to a bottleneck, tricky bit through the woods and up and down the grassy hills to the castle.

Wed 21 June, **DRCO Dash**, pre-entry online. Hills southwest of Castleton.

Wed 28 June, **Hope Wakes** (Win Hill), entry on the day. Up and down Win Hill from a different angle.

Fri 30 June, **Weaver Hills**, a short sprint, up a really steep hill, down it, sprint back. Oatcakes and Ice Cream at the finish. Well worth it!

Wed 12 Jul **Black Rocks** (Cromford), pre-registration online. Canal Path, the High Peak Trail, and a Trig point.

Thu 20 Jul **Blacka Moor** (Totley) – entry on the day. Hills and hills, from Totley.

Thu 27? July **Brassington Hill**. Up and down a hill!

Tue 1 Aug **Parwich Panoramic**. Like a summer cross-country race, non-technical.

Thu 10 Aug **Ricky’s Race (Darley Bridge)**, pre-entry online. A great race with a ridiculous hill at the end. 7pm start.

Tue 29? Aug **Eyam**, pre-entry online. Classic, non-technical race from the sports field. Often a BBQ afterwards.

Fri 1 Sep **Great Longstone Chase**, end of evening race season pre-entry online. Up onto the ridge and back down – tricky descents but fairly accessible and some good running.

Sat 2 Sep **Longshaw Sheepdog Trials**, pre-entry online. Similar to Burbage route, some scrambling over rocks, from the sheepdog trials.

Sun 3 Sept **Exterminator**, 16 miles (Totley), pre-entry online. Bit of everything, you need to be able to navigate / recce the route. The best of the Totley, Burbage, Longshaw and Grindleford races combined. Crazy third race in 3 days if you’re so inclined.

Sat 9 Sept, **Nine Edges**. Does what it says on the tin. The Exterminator is great, but this would be the recommended Long race to do in September. Pre-entry from April 14th.

Sat 7 Oct **Curbar Commotion**, 12 miles. Up to Curbar Edge and down.

Sat 25 Nov **Baslow Bolt**. Like Curbar but the next bit along. Totally runnable race. It snowed in 2021. Pre-entry from September.