



## CONGRATULATIONS ON COMPLETING THE **SHELTON STRIDERS 10K**

As you may know the Shelton Striders 10K is part of the 2023 **RunDerby** Race Series and your result will be automatically added into the individual and club league tables 2 weeks after the race when our results become final.

In order for your result to be included correctly in the **RunDerby** Race Series, counting valuable points for both you and your club, please can you check the official results found at <https://sheltonstriders.org.uk/our-annual-10k-race/results/> and check the following fields for your results carefully:

- **NAME:** Spell your name exactly the same across all of the events you enter in the race series. Make sure you include hyphens where necessary and keep consistent with your first name if you sometime shorten it (i.e. Dan or Daniel, Pete or Peter, etc and don't use both in different events).
- **AFFILIATED CLUB:** Make sure you include your affiliated club in every race entered, especially the first race.
- **AGE CATEGORY:** Make sure this is accurate. Your age on the date of the first race determines your age category throughout the race series, even if you move up an age category part of the way through.

Please note that from Sunday 22 October 2022 the results will become final and are unable to be amended by us as the race organiser or the **RunDerby** Race Series organisers.

### About the **RunDerby** Race Series

The 2023 **RunDerby** Race Series is made up of events from May to November which contributes to male, female and club league tables. The 2023 series is a collection of 7 races where you receive points based on your finishing position at each race. There is no separate registration required for the overall race series and all you need to do is enter each race individually and run! Up to the best 4 scores from the 7 available races count at the end of the series. If you score points in less than 4 races, you will appear on the league table but will not count towards the final league table standings. You can also gain points by volunteering at the race if you are unable to participate for whatever reason. Your points will still count for your club in the club league table regardless of how many events you take part in.

There's also a prize draw for runners who score in all 7 races. The winner of the prize draw receives a free entry into every race in the 2024 **RunDerby** Race Series.

To see your league position and find out more information, visit:

[www.runderby.co.uk/race-series](http://www.runderby.co.uk/race-series)

The next race in the **RunDerby** Race Series is **Available Car Derby 10 Mile**