



Alternative Series Entry Form

All you need to do to submit an entry to the alternative series is to fill races that you have run in the previous calendar year into as many categories as you can. Each race can only be entered into one category. If in doubt on whether or not the race counts just put it down, the committee will decide whether they count or not.

Don't worry if you can't fill any category – nobody has got 100% in the last 10 years!

Category	Points	What race did you run?	
Run and other sport (duathlon/triathlon, etc.)	20		
Fancy dress (photos may be required!)	20		
Race with a water crossing	20		
Charity race	20		
Fell/trail race	20		
Marathon or ultra	20 (+10 if a marathon PB)		Marathon PB? Y / N
Race outside Cheshire / Staffordshire	20 (+10 if outside UK)		International? Y / N
Crazy race (e.g. Tough guy, wife carrying, backwards running)	20 (10 if it's only slightly crazy)		

Bonus points for competing in Sandbach Striders club events or marshalling

Predictathon	20 (+bonus for finishing in top 3)	Yes / Marshall / No / Top 3
Relay	20 (+bonus for finishing in top team)	Yes / Marshall / No / Top team
Handicap	20 (+bonus for finishing in top 3)	Yes / Marshall / No / Top 3

(The club members' 10K isn't included here as it's part of the main championship series)

Name: