

Month	Date	Race	Points Available
Jan	07-Jan	Handicap January	15
	08-Jan	Armada 3k Jan	15
	12-Jan	Plympton 10k January Jaunt	Age% Max 50
	12-Jan	Oh My Obelisk	30
	19-Jan	First Chance 10k	Age% Max 50
Feb	04-Feb	Handicap February	15
	12-Feb	Armada 3k Feb	15
	16-Feb	Westward League - Redruth	50
	22-Feb	Looe 10 miler	Age% Max 50
Mar	01-Mar	Westward League - Stover	30
	03-Mar	Handicap March	15
	08-Mar	Grizzly	50
	11-Mar	Armada 3k March	15
	29-Mar	Tavy 13	50
Apr	07-Apr	Handicap April	15
	08-Apr	Armada 5k April	15
May	05-May	Handicap May	15
	13-May	Armada 5k May	15
	15-May	Exeter Relays	Age% Max 50
	17-May	Plymouth Half Marathon	Age% Max 50
	23-May	Bere Pen 10k	Age% Max 50
June	02-Jun	Handicap June	15
	TBA	Saltash Half Marathon	Age% Max 50
	10-Jun	Armada 5k June	15
	27-Jun	Muskies Madness	Age% Max 50
Jul	03-Jul	EVH Relays	50
	07-Jul	Handicap July	15
	08-Jul	Armada 5k July	15
	11-Jul	Muddy Duck 10k	50
	TBA	Tavistock Town Relays	50
	18-Jul	Magnificent 7	30
	18-Jul	Haytor Heller	50
	23-Jul	Kingsbridge 10k	Age% Max 50
	TBA	Cornwood 10k	Age% Max 100
Aug	02-Aug	Totnes 10k	30
	04-Aug	Handicap Aug	15
	TBA	Exeter 5k	Age% Max 50
	12-Aug	Armada 5k Aug	15
Sep	01-Sep	Handicap Sep	15
	09-Sep	Armada 5k September	15
	TBA	6 Moor Miles	30
	09-Sep	Plymouth Coasters 5 Miler	Age% Max 50
Oct	06-Oct	Handicap Oct	15
	14-Oct	Armada 3k Oct	15
	04-Oct	Plymouth 10k	Age% Max 50
	TBA	Dartmoor Vale Half Marathon	Age% Max 50
	TBA	Dartmoor Vale 10k	Age% Max 50

Nov	TBA	Westward League - October	TBC
	TBA	Tavy 7	Age% Max 50
	01-Nov	Templer 10	30
	03-Nov	Handicap Nov	15
	11-Nov	Armada 3k Nov	15
	15-Nov	Drogo 10	30
	TBA	Westward League - November	TBC
Dec	01-Dec	Handicap Dec	15
	09-Dec	Armada 3k Dec	15
	TBA	Cockington Christmas Caper	30
	TBA	Westward League - December	TBC

Marathon	Age% Max 100
Additional Marathons	Age% Max 100 + 50
Club age record (including for a non-GP event)	50
Winning an EVH team race for a GP event	20
Ultra-events	50
Multi-discipline events, max of 2 events per member	20
1st place male	20
1st place female	20