

Trophy Races 2022

Date	Event	Entry Fees	Website
06 th March	Berkhamsted Rotary HM/5M	£29/10	home marathon (berkorun.com)
15 th April (Good Friday)	Maidenhead Easter 10	£24	Maidenhead Easter 10 2022 – Maidenhead Athletic Club (maidenheadac.org)
24 th April	Ibstone Circle 10K	£16	https://www.ibstonecircle.co.uk/
8 th May	Marlow 5M	£25	Marlow 5 – Handy Cross Runners
26 th June	Hitchin Hard HM/10K	£21/16	Entry page for Hitchin Half, 10K, 5K (h3m.co.uk)
4 th Sept	Hillingdon 20	£28	Hillingdon 20 Hillingdon Athletics Club (hillingdonac.co.uk)
18 th Sept	Moor Park 10K	£20	Moor Park 10K - moorpark (activetrainingworld.com)
16 th October (tbc)	Cabbage Patch 10M	£25	Welcome to the Cabbage Patch 10
23 rd October (tbc)	Ricky Road Run 10M	£16	Ricky Road Run – Annual 10-mile charity run in Rickmansworth and Chorleywood
6 th November (tbc)	Marlow 7mile/ HM	£22/32	Marlow Striders Half Marathon

Scoring depending on overall Metro's position	
5 Miles	30 - 1
10K (including Marlow 7)	40- 1
10 Miles	50-1
HM	60-1
20M	70-1
Scores to count from individual's best 8 races. Metros Kit must be worn to be eligible for inclusion in the trophy	

Backup races

Date	Event	Entry Fees	Website
	1st half of year issues		
17 th July	Hell Fire HM/10K	£20/16	Hell-Fire Half and 10K – Handy Cross Runners
	2nd half of year issues		
4 th Sept	Maidenhead HM (same date as hillingdon20)	£36	https://www.theraceorganiser.com/e/maidenhead-half-marathon-2973
25 th Sept	Leighton 10M (if Ricky road run is cancelled)	£20	Leighton 10 (leightonbuzzardac.co.uk)