

January

Championship Opener - Time Trial ** - TBC

Caerleon 8 ** - TBC

Wye Valley Off Road Night Race - 20/1/22

February

Rhyl 10 Miler - 19/2/22

Cardiff Winter Warmer 10K - 12/2/22

Pontypool Home Run 10K - 27/2/22

Coed Cefn-pwll-du parkrun ** - Any result in February 2022

March

ANY HALF MARCH

Newport Half Marathon - 6/3/22

Cardiff Half Marathon - 27/3/22

Forest of Dean Half Marathon - TBC

Club Time Trial ** - TBC

Caerleon Rose Inn Relay ** - TBC

April

Vale Coastal 10-mile race - 9/4/22

Kymin Dash - 10/4/22

Gilwern Grunt - 18/4/22

Newport 5 Mile HHH ** - TBC

May

ANY 10K IN MAY

Caerphilly 10K - 15/5/22

Swansea Epic Trail 10K - 22/5/22

Cardiff Bay 10K - 22/5/22

Telford 10K - 29/5/22

Cardiff Race for Victory 5K - 1/5/22

Swansea 5K - 28/5/22

June

Swansea Half Marathon - 12/6/22

Rabbit Run - TBC

Blade Runner - TBC

Caerleon Crooked Mile ** - TBC

July

Porthcawl 10K - 3/7/22

Mic Morris 10K - 10/7/22

Magor 10K - 30/7/22

Frome Half Marathon - 17/7/22

August

Murder Mile (Islwyn) - TBC

Caerleon Murder Mile ** - TBC

Barry Island 10K - 1/8/22

Severn Bridge Half Marathon - 28/8/22

September

Chippenham Half Marathon - 11/9/22

Llanelli Half Marathon - 25/9/22

Tydfilian Roman Run - 3/9/22

Bristol Half Marathon - 25/9/22

Cardiff 10K - 4/9/22

Swansea Bay 10K - 18/9/22

October

Cardiff Half Marathon - 2/10/22

2 Bridges Duo ** - TBC

Chester Zoo 10K - 30/10/22

Grangemoor parkrun ** - Any result in October 2022

November

Richard Burton 10K - TBC

Severn Bridge Night Race - TBC

Run Through Chepstow Racecourse Half Marathon - 27/11/22

Club Relay Championships** - TBC

December

Secret Santa Tinsel 12K - TBC

Newport Festive 5 - TBC

Caerleon Christmas Challenge ** - TBC

Nos Galan Road Race - 31/12/22