

Caerleon Running Club Championship 2022



Introduction

2022 will see the welcome return of the Caerleon RC Championship. Abandoned in 2020, and cancelled in 2021, the championship offers members the opportunity to take part in a wide variety of races during the calendar year, in a friendly, inclusive manner.

The championship is designed in a way that all members can be competitive and pick up points throughout the year. There will be opportunities to collect points for volunteering and taking part in parkrun as well.

Next year, all being well, we will have male / female championship winners, level playing field champions, age graded champions, and age category trophies also.

The format is fairly self explanatory and I've tried to include everything in this document. If you do have any questions or queries then I will be in Caerleon RFC clubhouse after club, from 7.45pm on Thursday 2nd December. Alternatively drop me a message on facebook or email caerleonrc@gmail.com

Looking forward to an exciting championship year.

Paul

FORMAT

On the website and at the end of this guide, you will find a calendar of races that will make up the championship.

There are a mixture of distances, terrains and costs. We have tried to include a range of free events for members to participate in during the year too. These are indicated by a ** in the calendar of events.

You can enter as many of the events as you wish. Your top 8 scores will go towards your championship sub total for the year. For example if you enter 12 races during the year, only your top 8 scores will contribute to your points total.

Scoring is quite simple. The first Caerleon RC runner to cross the line at any championship race will receive 50 points, second 49, third 48 and so on. The championship is sub-divided into male and female championships so the first male and first female at each race will receive 50 points.

There are a number of other ways to pick up points as well, in addition to the straight championship points, these will be discussed next.



Other ways to score points

Marathon or Ultra running

If you complete an official marathon (or ultra) during 2022 you will automatically be allocated 50 points. This will be one of your 8 top scores and NOT in addition to your championship points score. Multiple marathons (or ultras) will not receive further points.

GLCL Road Series / Cross Country

You will receive 5 points for taking part in each of the GLCL Cross Country & Road Series races in 2022. There are 10 races all together, so an opportunity to pick up 50 extra points. These will be in addition to your championship points score.

Cross Country - January, February, March, October & November

Road Race Series - May - September.

Exact dates are communicated at glclrunning.com

parkrun challenge

The club will arrange to complete some parkrun tourism on the 3rd Saturday of every month. The calendar for this, is below. For example on the 3rd Saturday of February (19th) our parkrun tourism destination will be Coed Cefn-pwll-du parkrun. For each tourist event you attend you will receive 3 championship points. Any member who completes all 12 parkrun tourism runs will be awarded an additional 9 points. All together an opportunity to pick up a further 45 points in addition to your championship points score.

M4 Corridor Half Challenge

During the year, members can take part in Newport, Cardiff, Swansea and Llanelli Half Marathons. If you take part in 3 out of 4 of these, you will be awarded 20 bonus points. If you complete the full set, you will be awarded 40 bonus points. There are two Cardiff Half Marathons scheduled for 2022, you only need to complete one of these. Completing both Cardiff's will only give you ONE credit towards this challenge.

Any Half March

Competitors will be given a 10 point bonus for completing an official half marathon in March 2022. If you complete 2 you will get 20 points and so on.

The championship points will be allocated at the end of the month with all half marathon results for all events being pooled.

Other ways to score points

Any 10K in May

Competitors will be awarded a 5 point bonus for completing an official 10K race in May 2022. If you complete 2 you will get 10 points and so on. The championship points will be allocated at the end of the month with all 10K results for all events being pooled.

Volunteering

Everyone will be allocated 20 points at the beginning of the year for volunteering. They are yours to lose! Competitors should look to volunteer at events e.g parkrun, club time trial, club litter picking events, four times during the year. At the end of the year, you will be deducted 5 points from your volunteering total for any incomplete volunteering. Please note, volunteering must be running associated or organised through the club. When you volunteer at an event please let Paul know either by messenger or by email to caerleonrc@gmail.com

Play your joker!

You can double your points total for an event by playing a joker. You have one joker at your disposal for the year. However, you must inform Paul what your joker race is **BEFORE** you run it.

For example if you pick Newport Half to play your joker, then you must inform Paul by 5th March 2022, and if you score 42 points, you will receive 84.

Wyedean Relay Participants

There will be 15 bonus points for every member who takes part in Wyedean Relay on August 14th 2022

Super September

Complete 3 out of the 6 championship events and gain a 20 point bonus.

PLEASE NOTE IT IS YOUR RESPONSIBILITY TO LET PAUL KNOW IF YOU HAVE VOLUNTEERED SOMEWHERE. ALSO IF YOU CHOOSE TO COMPLETE A MARCH HALF OR ANY 10K IN MAY FURTHER AFIELD PLEASE DO NOT ASSUME IT HAS BEEN SPOTTED. Message Paul or email caerleonrc@gmail.com

There are still several events yet to confirm dates for next year. If they do not go ahead I will try to replace them with a similar event. I will update dates on the website as they arise.



parkrun tourism dates and venues

Saturday January 15th - Cardiff parkrun

Saturday February 19th - Coed Cefn-pwll-du parkrun

Saturday March 19th - Aberdare parkrun

Saturday April 16th - Pontypridd parkrun

Saturday May 21st - Cosmeston Lakes parkrun

Saturday June 18th - Severn Bridge parkrun

Saturday July 16th - Mallards Pike parkrun

Saturday August 20th - Tremorfa parkrun

Saturday September 17th - Rogiet parkrun

Saturday October 15th - Grangemoor parkrun

Saturday November 19th - Aberbeeg parkrun

Saturday December 17th - Riverfront parkrun



Championship Calendar

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