

## **Caerleon RC Championship 2022**

### **June**

May was a very busy month for championship points. This was reflected in the movement around the leader board. Lots of runners took advantage of the Any 10K in May with one runner bagging an extra 30 points for doing 3! In total, CRC was represented at 8 different 10K races during May. Well done everyone. Other championship races in May were the Cardiff Race for Victory 5K, Sirhowy Challenge and Swansea 5K. There was also a strong turnout at Cosmeston Lakes parkrun for the parkrun monthly tourism challenge.

There was a lot of tactical joker playing during May. Don't forget, those points will not be reflected in the points total until the very end of the competition in December. So if you've played your joker and you don't want your rivals to know, keep it quiet!

The championship races for June are:

#### **Caerleon Crooked Mile Thursday 9<sup>th</sup> June 2022**

This will take place instead of the club session on a Thursday. It is a simple one-mile race from outside the university building near Friars Walk to (almost) the SDR. It follows the parkrun route. It will start at approximately 7pm. Full details will go out next week.

#### **Swansea Half Marathon Sunday 12<sup>th</sup> June 2022**

This ever-popular half marathon will be a championship race in its own right for this year but also forms part of the four M4 corridor half marathon races that you can do also. Entries are still available at <https://www.swanseahalfmarathon.co.uk/>

#### **The Blade Runner Wednesday 29<sup>th</sup> June 2022**

This is a 6.8-mile race held around the hilltop village of Manmoel using lanes and farm tracks. It is organised by Islwyn RC. Finishers will get a Blade Runner buff this year.

<https://www.eventbrite.com/e/the-blade-runner-tickets-331919579397?fbclid=IwAR14WClI-B611CCQJiVG-JUAY3ujEI4xvCJAVKvWJirSTPa8l0Y09q-wapw>

#### **parkrun Challenge**

Our parkrun tourism challenge for June will take place on Saturday 18<sup>th</sup> June at Severn Bridge parkrun.

<https://www.parkrun.org.uk/severnbridge/>

**All the information about future races, dates and format can be found at <https://www.caerleonrunningclub.co.uk/crccc2022>**

**The Strava mileage weekly challenges will drip feed into your championship total, please contact Gareth Purkis with any queries on this.**

**Remember, you will gain 20 championship points for volunteering 4 times at running events throughout the year. (5 points per event).**