

August

Dear All,

Hope you're all well and congratulations on a productive July of running.

It was a very busy month with the Porthcawl 10K, Mic Morris 10K, Rabbit Run and Magor 10K (30/7). We also had the third GLCL run of the season at Pontypool and the parkrun tourism at Mallards Pike.

The end-of-month standings will be updated after Magor 10K and can be found at: <https://www.caerleonrunningclub.co.uk/results-and-standings>

The championship races for August are:

Murder Mile (Islwyn)

Friday 5th August, 7pm

This family favourite goes again after a 2-year hiatus. It is certainly an experience! Will leave it there.

Entries still available at <https://www.eventbrite.com/e/the-murder-mile-tickets-351110720617>

Barry Island 10K 2022

Sunday 7th August

Sun, sea, and sand provide the backdrop to the ABP Barry Island 10K – which brings a summertime festival of running to the popular seaside resort with a 10K race.

Entries now closed

Caerleon Murder Mile (Internal club race)

Thursday 25th August, 7pm

This will be a lot of fun, honest! Full details to follow

Severn Bridge Half Marathon

Sunday 28th August

An old favourite, but with a new route for 2022.

Entries still available at <https://www.fabian4.co.uk/default.aspx?EventID=2954>

parkrun Challenge

Our parkrun tourism challenge for August will take place on Saturday 20th August at Tremorfa parkrun.

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

GLCL August

There are two GLCL races this month so an opportunity to pick up 10 championship points for just taking part. August 2nd (Riverfront) and August 30th (Olive Tree, Cwmbran). All the details will be communicated on the FB members page.

Have a good month racing!

Cheers

Paul

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).