

Caerleon RC Championship 2022

May

April has drawn to a close after a fantastic month of competition culminating in the Hare & Hound race which was a very popular success. We also saw the Kymin Dash and Vale of Glamorgan 10 mile coastal race. Lots of members took the opportunity to pick up some volunteering points and the parkrun tourism challenge was the best attended so far, in Pontypridd. All the results are now up on the club website.

Just a reminder. You can play a joker that will give you double points for any of the championship races, providing you let me know before the race. Several members have already played their jokers. These points are not added to the total until the end of the championship in December. This allows all participants to make their decision without influencing the tactics of others!

The championship races for May are:

Race for Victory 5K

Sunday 1st May

This event is now sold out, besides it will probably have happened by the time you

read this!



The Sirhowy Challenge

Sunday 8th May

This race replaced the cancelled Gilwern Grunt. It is run by Islwyn Runners and is sure to be fun if nothing else! Good value too!

Entries are still available at <https://www.eventbrite.com/e/sirhowy-challenge-tickets-289912615437>

Swansea 5K

Sunday 28th May

Entries are still available at <https://www.swansea5k.com/>

****ANY 10K in MAY****

During May, you can pick up bonus points for running any official 10K race. Each 10K race will be a championship race in its own right. So if you are the only club member to go and run the Sydney Striders 10K in Sydney, NSW on 7th May, you will get 50 points. (This race does actually exist, you're welcome to enter and win 50 points, but it will probably cost you a few grand and may not be cost effective in the long run)

In addition to this, you will receive 10 bonus points if you complete one 10K race, 20 bonus points if you complete two 10K races and so on. If you do go somewhere secret and run an official 10K during May that's a little bit off the radar, please let me know so I can give you the correct points allocation. On the website are a few 10K races that are taking place, which are fairly close to home.

parkrun Challenge

Our parkrun tourism challenge for May will take place on Saturday 21st May at Cosmeston Lakes parkrun.

www.parkrun.org.uk/cosmestonlakes

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).

Have a great May running!

Paul