

CAERLEON RUNNING CLUB



CHAMPIONSHIP 2024

INTRODUCTION

As a really successful club championship for 2023 draws to a close, it is time to look ahead to the 2024 Championship.

A Sub-committee met in October to look at the races and format; with the aim of reducing the number of races and simplifying the ways in which points can be scored. We hope this is now reflected in the arrangements for 2024.

The championship is designed in a way that all members can be competitive and pick up points throughout the year.

Again, there will be opportunities to collect points for volunteering and taking part in parkrun as well.

We will have male & female championship winners, level playing field champions, age graded champions, and age category trophies. Depending on levels of engagement we will look at awards for group performances as well.



FORMAT

At the end of this guide, you will find a calendar of races that will make up the championship. Despite the reduced number compared to previous years, there are still a mixture of distances, terrains and costs. So there really is something for everyone to engage with!

This year, each month will consist of one (or two) paid races and one free event. The free event can be an internal club event, a GLCL race or a parkrun. These will all be identifiable 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 subdivided 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 2024 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 10 points for taking part in each of the GLCL Cross Country & Road Series races in 2024.

Exact dates are communicated at glclrunning.com

Dates that are known already can be found on one of the following pages

parkrun challenge

The club will arrange to complete parkrun tourism on the 3rd Saturday of every month. The calendar for this, is on the last page of this guide. For example on the 3rd Saturday of January (20th) our parkrun tourism destination will be Cosmeston Lakes parkrun. For each tourist event you attend you will receive 5 championship points. Please note : if you volunteer at the parkrun tourism event you will also receive the 5 points.

Advance notice - the parkrun tourism destination for June (15th) will be Bushy parkrun, the home of parkrun.

East Wales Road Race Championship

Once again we will be offering bonus points for those who participate in races which are part of the EWRRRC.

These are all Championship Races in their own right, but will have additional points awarded accumulatively (details on the EWRRRC page of this guide.

Other Ways to Score Points

Volunteering

The club relies heavily on volunteers to help coordinate internal races and allow external events such as parkrun to go ahead every week.

For 2024 you will be able to earn points for volunteering without a ceiling limit. You will receive 5 points for each volunteer role you complete.

When you volunteer at an event please let Chris Ford know via facebook messenger or send an email to

caerleonrcchampionship@gmail.com

GLCL club events

This year, in order to show our support for the other member clubs of the GLCL, we have tried to include as many of their own events in our championship as possible.

If an event appears in our main Championship calendar it will be treated as any other race with the scoring system detailed on the 'format' page.

However, in addition to this, if you take part in any public race which has been organised by one of the GLCL clubs you will receive an additional 5 points. You will find a list of races that will be or have been run by other clubs on one of the next pages.

If a date has already been confirmed then this will be displayed next to it.

It is worth noting that two of these events (the Scenic 7 and Kymin Dash) are also in the EWRRRC... for these, both sets of bonus systems will apply!

CHAMPIONSHIP CALENDAR

January

GLCL XC @ Monmouth
(07/01/2023) **

Lliswerry 8
(21/01/2024)

February

Any Coed Cefn Pwll Du
parkrun in February **

Pontypool Home Run
(25/02/2024)

March

Club Time Trial
(Date TBC) **

Newport Half Marathon
(03/03/2024)

April

Newport 5 Mile Hare &
Hound (Date TBC) **

Kymin Dash
(14/04/2024)

May

Caerleon Rose Inn Relay
(Date TBC) **

Caerphilly 10k
(12/05/2024)

Treforest 10k
(Date TBC)

June

Caerleon Crooked Mile
(Date TBC) **

Blade Runner
(Date TBC)

July

Caerleon Murder Mile
(Date TBC) **

Tintern Trot
(04/07/2024)

Sorbrook 10k
(Date TBC)

August

GLCL Road Race - PBB
(06/08/2024) **

Scenic 7
(DATE TBC)

September

Club Time Trial with
Handicap (DATE TBC) **

Ross 10k
(01/09/2024)

Cardiff 10k
(DATE TBC)

October

2 Bridges Duo
(Date TBC) **

Cardiff Half Marathon
(06/10/2024)

November

Club Relay Championships
(Date TBC) **

Twmbarlwm Terror
(DATE TBC)

Elan Valley 10 Miler
(DATE TBC)

November

Caerleon Christmas
Challenge (Date TBC) **

Merthyr Mawr Christmas
Pudding Race
(DATE TBC)

2024 GLCL Fixtures

07/01/2024	Monmouth Cross-Country
04/02/2024	Fairwater Cross Country
10/03/2024	Parc Bryn Bach Cross Country
07/05/2024	Chepstow Road Race
21/05/2024	Fairwater Road Race
04/06/2024	Islwyn Road Race
02/07/2024	Pontypool Road Race
06/08/2024	Parc Bryn Bach Road Race
OCTOBER	Cross Country TBC
NOVEMBER	Cross Country TBC

Remember, you get 10 points per event just for taking part with no expectation on place or pace. That's 100 points up for grabs! The more the merrier!

Races Organised by other GLCL Clubs

Chepstow Harriers

Speedway 10k - 28/01/2024
Kymin Winter Race - 25/02/2024
Tintern Trot - 04/07/2024
Magor 10k - 28/07/2024

Rose Inn Race Series - 14/05, 11/06, 09/07, 13/08

(Please note, there are 4 races in the Rose Inn series. You can enter as many as you like but you will only get 5 championship points from 1)

Griffithstown Harriers

Sorbrook Slog- 18/02/2024
Sorbrook Tough 10k - July
Boxing Day Fun Run - 26/12/2024

Spirit of Monmouth

The Kymin Dash - 14/04/2024
Santa Fun Run - 03/12/2024

Islwyn Running Club

Sirhowy Challenge - 05/05/2024
Viaduct Run - 07/07/2024
Blade Runner- June TBC
Murder Mile - 02/08/2024
Scenic 7 - 21/08/2024

Pont-y-pwl Runners

Steam Bunny Stomp - 29/04/2024
Coity Fell Race - 15/06/2024
Torfaen Sprint Relay - 19/06/2024
Pooler 5 Miler - 08/09/2024

Fairwater Runners

Rack Raid - June
Twmbarlwm Terror - November
The Tony Jennings Memorial Race
- December

Lliswerry RC

Lliswerry 8 - 21/01/2024

The above list isn't exhaustive as events can get cancelled and new events can pop up. If you see one that is missing let us know and we will make sure it is counted.

There is a massive range of terrains, distances and elevations in the races above so all tastes are catered for!

There are 5 points championship points available per race so there are a lot up for grabs! If a race also appears in our championship calendar, you will get 5 points in addition to those you earn. These races have been underlined for you.

East Wales Road Race Championship 2024 (EWRRC)

Race 1 Newport Half Marathon (Original) 3rd March 2024	Race 2 Kymin Dash 14th April 2024
Race 3 Scenic 7 21st August 2024	Race 4 Elan Valley 10 Mile Road Race DATE TBC

Each of these races will be a club championship race in it's own right (50 points for 1st etc). However...
... we will once again be awarding bonus points to encourage participation in this external championship.

These points will be in a cumulative structure, so the more of them you do the bigger the payoff:

1 race = 10 points, 2 races = 20 points
3 races = 30 points, 4 races = 40 points

This means if you do all 4, there is a total of 100 bonus points up for grabs!!



parkrun tourism dates and venues

January 20th - Cosmeston Lakes

February 17th - Coed Cefn Pwll Du

March 16th - Porthcawl

April 20th - Aberbeeg

May 18th - Ross on Wye

June 15th - Bushy

July 20th - Mallards Pike

August 17th - Barry Island

September 21st - Eastville

October 19th - Maesteg

November 16th - Lydney

December 21st - Riverfront



**We hope you all enjoy taking
part in the 2024 CRC
Championship!**



**Every effort has been made to
ensure there is something for
everyone and the points
structure is simple to
understand.**



**I look forward to following all
your achievements and keeping
track of your progress over the
next year.**

- Chris F