

CRC CHAMPIONSHIP

2025

5 PATHS to VICTORY



OVERVIEW

In 2025, the Caerleon Running Club Championship will be re-modelled into 5 smaller championships, each modelled after a God from the Roman Pantheon.

Each of these will have their own awards and prizes making it possible for absolutely everybody in the club to achieve greatness and come away from the end of it with some bling! Will you get the full set???

These smaller championships - or “Paths” - are....



THE PATH OF JUPITER



In the path of Jupiter, there are a total of 20 public races. Of these, 10 are road races and 10 are trail (or mixed).

Any member who takes part in at least 8 events will earn themselves a Path of Jupiter Medal!



On top of this, every one of these 20 events will earn you up to 50 points (for the first CRC male and female, 49 points for the second etc.)

At the end of the year, the top male and female scorers will win themselves The Path of Jupiter Champion Trophies!

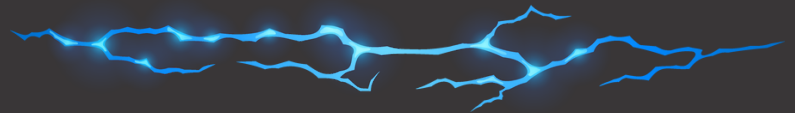
THE PATH OF JUPITER

THE EVENTS



Road Races

- Llswerry 8 - **January 19th**
- Newport Half Marathon - **March 2nd**
- GLCL Road Race - **May 20th**
- Caerleon 5 Miler - **June 11th**
- Blade Runner - **June 22nd**
- Viaduct Run - **July 21st**
- Magor 10k - **July 27th**
- Scenic 7 - **July 30th**
- Sorbrook Tough 10k - **July (TBC)**
- Blaenavon Heritage 5 - **September 7th**



Trail/Mixed Races

- Kymin Winter Race - **January 19th**
- Sorbrook Slog - **February 23rd**
- GLCL XC (Griff Harriers) - **March 9th**
- Kymin Dash - **April 6th**
- Sirhowy Challenge - **May 4th**
- Tintern Trot - **July 3rd**
- The Rabbit Run - **July 19th**
- Coity Fell Race - **September 6th**
- GLCL XC (TBC) - **October (TBC)**
- Twmbarlwm Terror - **November (TBC)**

THE PATH OF MERCURY

In the path of Mercury - The God of Travelers, we will be visiting 1 different parkrun event per month.

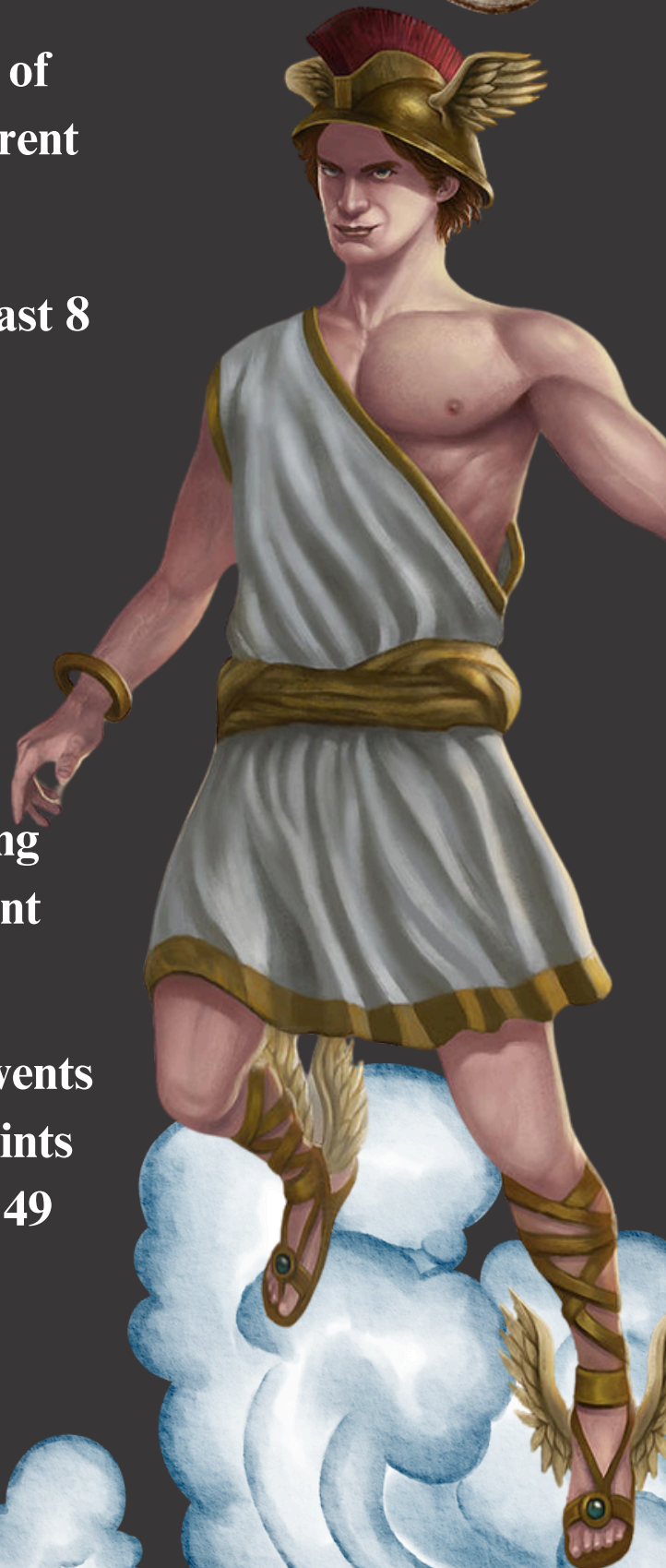
Any member who takes part in at least 8 events will earn themselves a Path of Mercury Medal!



But, for the first time we will be adding competition to the tourism! Each event you attend will earn you 35 points.

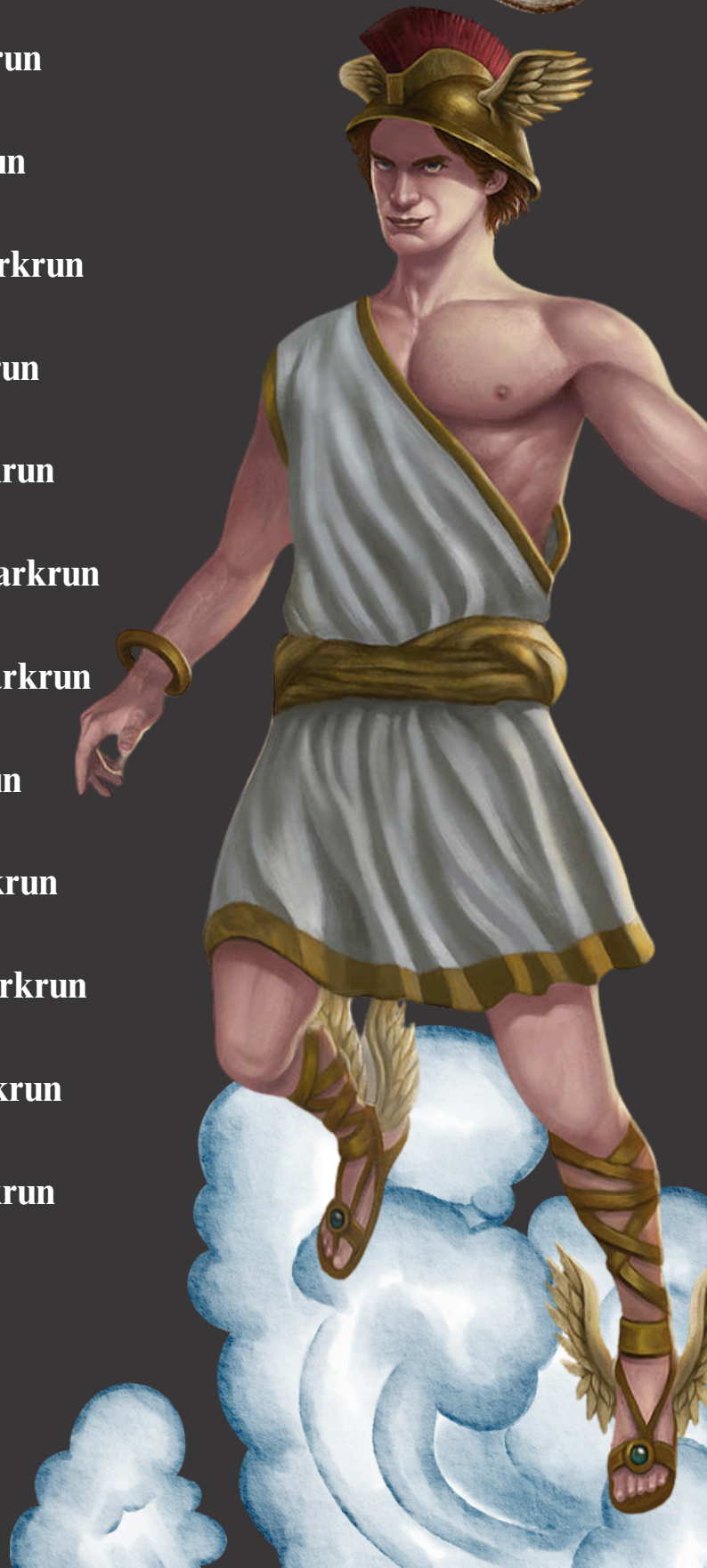
On top of this, every one of these 12 events will earn you up to 50 competitive points (for the first CRC male and female, 49 points for the second etc.)

At the end of the year, the top male and female scorers will win themselves The Path of Mercury Champion Trophies!



THE PATH OF MERCURY THE EVENTS

18th of January	Newport parkrun
15th of February	Rogiet parkrun
15th of March	Severn Bridge parkrun
19th of April	Penallta parkrun
17th of May	Pontypool parkrun
21st of June	Parc Bryn Bach parkrun
19th of July	Forest of Dean parkrun
16th of August	Trelai parkrun
20th of September	Thornbury parkrun
18th of October	Mallards Pike parkrun
15th of November	Pontypridd parkrun
20th of December	Riverfront parkrun



THE PATH OF VESTA

**In the path of Hestia - The Goddess of the Home,
we will be holding one internal, free event for
members each month on a normal club night**

**Any member who takes part in at least 8 events
will earn themselves a Path of Vesta Medal!**



**Each internal event you attend will
earn you 35 points in the Path of
Vesta Championship.**

**On top of this, every one of these
12 events will earn you up to 50
competitive points (for the first
CRC male and female, 49 points
for the second etc.)**

**At the end of the year, the top male
and female scorers will win themselves
The Path of Vesta Champion
Trophies!**



THE PATH *OF VESTA* THE EVENTS

7th January - Newport Riverfront
Relays

25th March - Club Time Trial

1st April - 5 Mile Hare and Hound

8th April - CRC Rose Inn Relay

13th May - Caerleon Crooked Mile

17th June - Caerleon Murder Mile

10th July - Llanhennock Loop Trial

August - Power of Four Virtual
Challenge

9th September - Handicapped Time
Trial

14th October - Two Bridges Duo

11th November - Club Relay
Championships

9th December - Caerleon
X-mas Challenge



THE PATH OF VENUS

In the path of Venus - The Goddess of Love, the focus is volunteering.

Any member who volunteers at running-related events throughout the year at least 12 times will earn themselves a Path of Venus Medal!



On top of this, every volunteering effort throughout the year will earn you 5 points.

At the end of the year, the top male and female scorers will win themselves The Path of Venus Champion Trophies!



THE PATH OF FAUNUS

As the Roman god of the Wilds, those who wish to follow the Path of Faunus will need to take part in the Gwent League and GLCL Cross-country Races

Any member who takes part in at least 5 events will earn themselves a Path of Faunus Medal!



Each event you attend will earn you 50 points in the Path of Faunus Championship.

On top of this, every one of these 12 events will earn you up to 50 competitive points (for the first CRC male and female, 49 points for the second etc.)

At the end of the year, the top male and female scorers will win themselves The Path of Faunus Champion Trophies!



THE PATH OF FAUNUS

The Events

GLCL

Monmouth XC
5th January 2025

Parc Bryn Bach XC
2nd February 2025

Griffithstown XC
9th March 2025

October XC
(Date and Host TBD)

November XC
(Date and Host TBD)

Gwent League

Margam Park XC
8th February 2025

Brecon XC
2nd March 2025

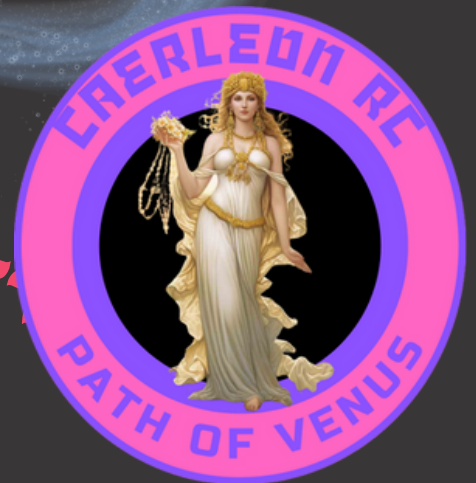
(Venue TBC) XC
October 2025

(Venue TBC) XC
(Early November 2025)

(Venue TBC) XC
(Late November 2025)



THE OVERALL CHAMPIONSHIPS








At the end of the year, the scores from all five individual paths will feed into a central championship.

From this score, overall category prizes and championship winners will be awarded!

CRC Championship 2024

AWARD TIERS

	Path of Jupiter	Path of Mercury	Path of Vesta	Path of Venus	Path of Faunus
Participation Tier	 <p>Earned once you have attended 8 events</p>	 <p>Earned Once you have attended 8 events</p>	 <p>Earned Once you have attended 8 events</p>	 <p>Earned Once you have volunteered 12 times</p>	 <p>Earned Once you have attended 5 events</p>
Path Champion Tier	Highest Scoring Male & Female to Win "Path of Jupiter Champion" Trophy	Highest Scoring Male & Female to Win "Path of Mercury Champion" Trophy	Highest Scoring Male & Female to Win "Path of Vesta Champion" Trophy	Highest Scoring Male & Female to Win "Path of Venus Champion" Trophy	Highest Scoring Male & Female to Win "Path of Faunus Champion" Trophy
Age Category/ Pace Group Trophies	<p>Points from all five paths to be combined.</p> <p>Highest scoring Male & Female in each Age Category/Pace Group to be awarded Trophies</p> <p>Overall Age Graded Trophies also awarded.</p>				
Overall Championship Winners	<p>Highest scoring Male & Female overall will win the Championship and be awarded Trophies.</p> <p>As points will be a combination of all 5 paths, these will be the members who have participated the most and actively represented the club in all five pathways/disciplines.</p>				



SUMMARY

And there you have it! The All New Championship Format!

The reasons for the shift to this new style were as follows:

- a) To re-fresh the Championship and give it a unique identity reflecting the club and it's home.**
- b) To increase the competitive element at the top end of the championship to increase motivation and engagement for those wanting to score big.**
- c) To create a format that enables absolutely everyone to realistically be able to achieve and win something regardless of ability - engagement is everything.**

If any of you have any questions regarding the new format then please do get in touch and I will be happy to go over it with you.

You can reach me via facebook messenger, heja or on caerleonrcchampionship@gmail.com

Finally, I would like to thank you all for your support and kindness during the 2024 season after I took the championship on from Paul - who had done an incredible job over previous years. It has made it all worth while!

- Christian Ford



**GOOD LUCK
EVERYBODY!**

