

CRC CHAMPIONSHIP 2026



**6 PATHS
TO VICTORY**



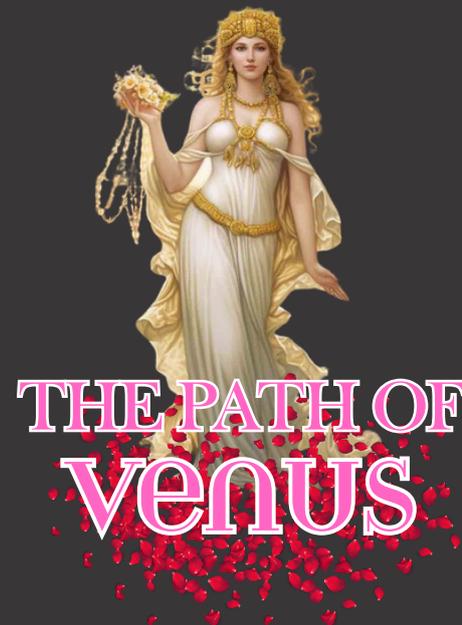
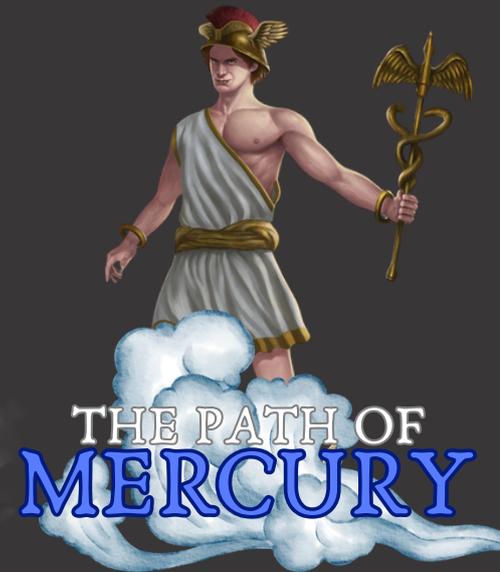
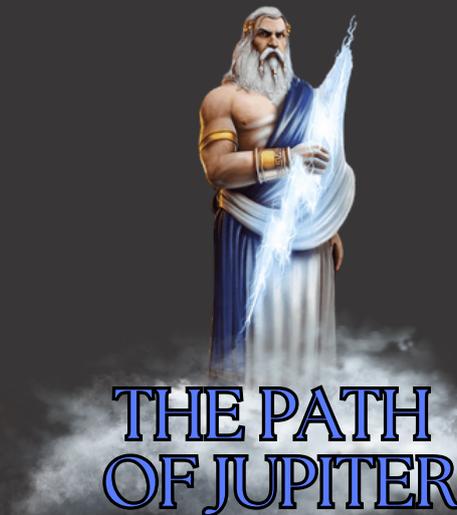
OVERVIEW

Welcome to the 2026 Caerleon Running Club Championship!

As with last year, the championship will be split into a number of smaller championships (Paths) modelled after a God from the Roman Pantheon.

Each of these highlights a different aspect of Club Life and has it's own awards and prizes meaning absolutely anyone in the club is able to achieve greatness!

This guide has been created as an easy reference point to tell you which events are included, how you can score points and explains the scoring systems (which have been tweaked slightly this year following members feedback)



THE PATH OF JUPITER

In the path of Jupiter, there are a wide variety of public races covering a range of distances and terrain types - so there should be something for everyone to enjoy!

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



Scoring System

In every one of these events, you will score Path of Jupiter points as follows:

Position	Points
1st	50
2nd	44
3rd	39
4th	35
5th	32
6th	30
7th	29
8th	28

From 6th Position Onwards, the amount of points accrued goes down in intervals of 1

Men & Women are scored separately, so both the first Man and Woman would get 50 points 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

January

- Lliswerry 8 - **Road**
- Kymin Winter Race - **Fell**

March

- Admiral Newport Half Marathon - **Road**
- GLCL XC (Griff/Fairwater) - **Cross-Country**

May

- Caerphilly 10k - **Road**
- Sirhowy Challenge (10mile)
& Sirhowy Loop (6 mile) - **Mixed Terrain**

July

- The Viaduct Run - **Road**
- The Tintern Trot - **Trail**

September

- Blacknore 10k - **Mixed Terrain**
- Howling Bull 10k - **Mixed Terrain**

November

- Severn Bridge Night Race - **Road**
- MoRun Cardiff (5k/10k/half) - **Road**
- The Twmbarlwm Terror - **Mixed Terrain**

February

- Pontypool Home Run - **Road**
- Sorbrook Slog - **Mixed Terrain**

April

- Bluebell Blunder - **Trail**
- The Kymin Dash - **Mixed Terrain**

June

- Blade Runner - **Road**
- Caerleon 5 - **Road**

August

- GLCL Road Race - **Road**

October

- GLCL XC - **Cross Country**
- Afan Forest Trail Half & 10k - **Trail**

December

- Severn Bridge Night Race - **Road**
- The Festive 5 - **Road**
- Cardiff Festive 10k - **Road**

Most dates are not available as of writing the guide,
but as soon as dates are known each event will be put
on heja along with entry links where applicable

East Wales Road Race Championship (EWRRC)

The following events have now been announced as
part of the EWRRC and have been added to heja as
“Bonus Events” in our championship:

- Damian Williams 10k - April
- Scenic 7 - July



THE PATH OF MARS

New for 2026, the Path of Mars has risen!

Known to represent the spirit of Battle & Competition, he has long been seen as the patron of hardened athletes!

As such, this path rewards the fastest amongst you with victory by offering 12 speed-focused events to compete in



On top of this, any member brave enough to complete 8 events in this path will earn themselves the brand new Path of Mars Medal!

Scoring System

In every one of these events, you will score Path of Mars points as follows:

Position	Points
1st	50
2nd	44
3rd	39
4th	35
5th	32
6th	30
7th	29
8th	28

From 6th Position Onwards, the amount of points accrued goes down in intervals of 1

Men & Women are scored separately, so both the first Man and Woman would get 50 points etc.

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



THE PATH OF MARS

SET EVENTS

CRC Time Trial #2

June (Date TBC)

CRC Time Trial #3

September (Date TBC)

GLCL Road Race #1 (Chepstow)

Tuesday 5th May

GLCL Road Race #2 (Pontypool)

Tuesday 19th May

GLCL Road Race #3 (Islwyn)

Tuesday 2nd June

GLCL Road Race #4 (Griffithstown)

Tuesday 30th June

GLCL Road Race #5 (Parc Bryn Bach)

Tuesday 4th August

SSAFA 5K Series
(Fastest single time from all 3 races)

May, June & July (Dates TBC)

Rose Inn 4 Mile Race Series
(Fastest Single Time from all 4 races)

May, June, July, August (Dates TBC)

MEMBERS CHOICE EVENTS

For the final 3 events, Members can pick any 5k, 10k and half marathon to race during 2026.

If you wish your result for an event to be considered, please notify Christian Ford at: caerleonrcchampionship@gmail.com

These will all be put into a central database and ranked against all submitted results for that race distance throughout the year. The winner and points for each distance announced at the end of the year.

Please note:

The 5k Race can not be any of the "Set races" above but an official parkrun result can be submitted.

No races with a net downhill gradient (i.e. Mic Morris etc. will be accepted)



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

Scoring System

There will once again be a competitive element in The Path of Mercury, however this year there is a twist... Rather than points being awarded on finish position, they will be awarded on your age-graded position!

To further support the “it’s not a race” ethos of parkrun, points in this path will be awarded in single point increments.

Men & Women are scored separately, so both the first Man and Woman would get 50 points etc.

Position	Points
1st	50
2nd	49
3rd	48
4th	47
5th	46
6th	45
7th	44
8th	43

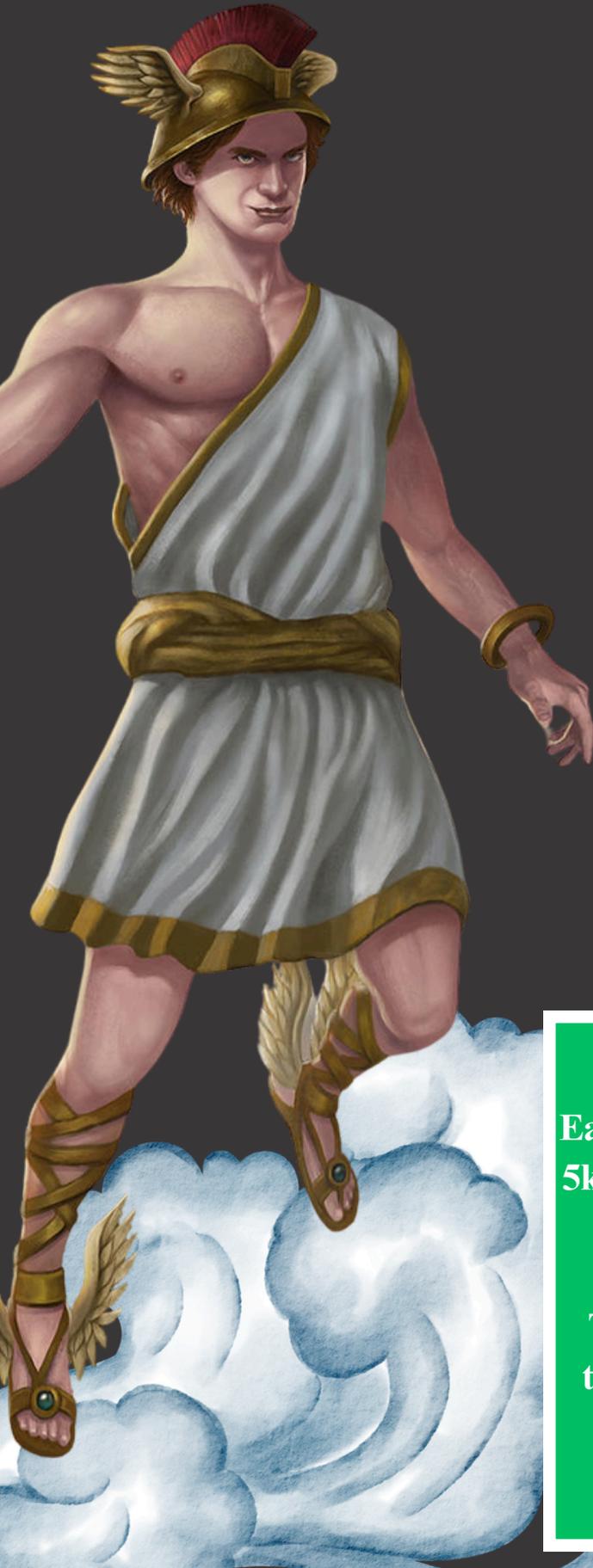
Every member who either runs or volunteers at one of these events will also earn themselves 35 Participation points



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



17th January

Three Brooks parkrun

21st of February

Lydney parkrun

21st of March

Cardiff parkrun

18th of April

Cosmeston parkrun

16th of May

Coed Cefn Pwll Du
parkrun

20th of June

Clevedon Salthouse Fields
parkrun

18th of July

Blaise Castle parkrun

15th of August

Barry Island parkrun

19th of September

Aberbeeg parkrun

17th of October

Ashton Court parkrun

21st of November

Grangemoor parkrun

19th of December

Cwmbran parkrun

Bonus Events

Each year, Caerleon RC runs at least one Couch to 5k program and these culminate by completing one of our local parkruns in the final session.

There will be no competitive points available at these events, but every club member who attends will earn 35 participation points and a credit towards their medal!

THE PATH OF VESTA



In the path of Vesta - The Goddess of the Home, there will be 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



Scoring System

In each event, you will earn 35 Participation points for attending, as well as scoring competitive points as follows:

Position	Points
1st	50
2nd	44
3rd	39
4th	35
5th	32
6th	30
7th	29
8th	28

- **From 6th Position Onwards, the amount of points accrued goes down in intervals of 1**
- **For Individual events Men & Women are scored separately, so both the first Man and Woman would get 50 points etc.**
- **For team events, all team members will earn the same score (eg: every person in the team that gets 1st place would score 50 points)**

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

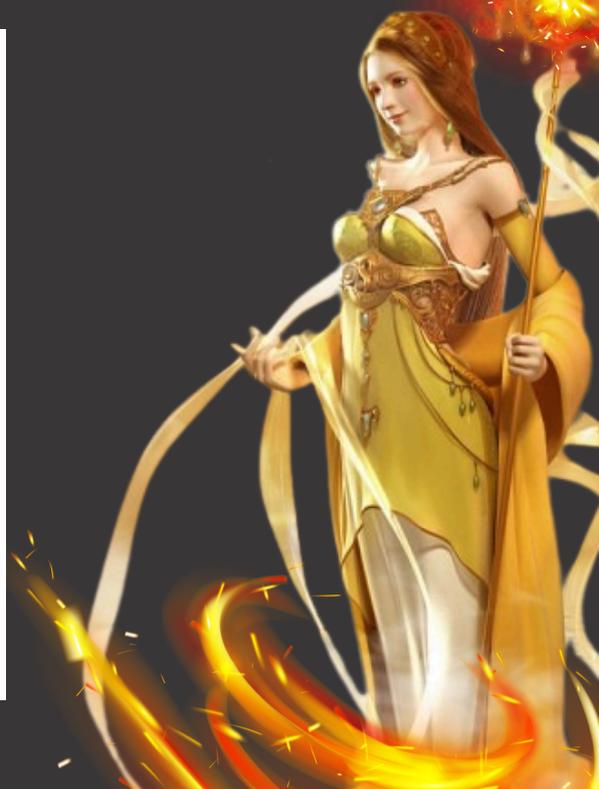
Tuesday 13 th January	Newport Riverfront Relays	Team Event
Thursday 26 th February	5 Mile Hare & Hound	Individual Event (LPF)*
Tuesday 24 th March	Club Time Trial	Individual Event
Thursday 16 th April	CRC Olive Tree Relays	Team Event
Tuesday 12 th May	CRC Murder Mile	Individual Event
Thursday 18 th June	Two Bridges Duo	Team Event
Tuesday 14 th July	CRC Wentwood Relays	Team Event
All of August	Power of Four Virtual Challenge	Team Event
Tuesday 16 th September	Internal Equinox Race	Individual Event
Thursday 22 nd October	CRC Crooked Mile	Individual Event
Tuesday 10 th November	Handicapped Time Trial	Individual Event (LPF)*
Thursday 10 th December	Caerleon X-Mas Challenge	Team Event

Vestas Volunteers

Our Internal Events can not take place without some members giving up their runs and volunteering.

To make sure this doesn't come at a detriment to their championship aspirations, any member who volunteers at one of these events will earn points equal to one position below the last place finisher: e.g. if last place earns 55 points (20 competitive + 35 participation), all volunteers will earn 54

*LPF = Level Playing Field



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

Supporting your Club

- Volunteering when we host the Caerleon 5 Miler, Spring Equinox Run (TBC) & our XC GLCL Course will earn you 30 volunteer points
- During the year we run up to two couch to 5k courses consisting of 18 sessions across 9 weeks. Any members who volunteers at 8 or more of these in one course will earn 30 points

*For the purposes of the championship, Volunteering is limited to “Active Volunteering” i.e. Marshalling, Setting Up, Timekeeping etc. Physical attendance at the event is required



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!

Scoring System

In each event, you will score 50 participation points for attending, as well as scoring competitive points as follows:

Position	Points
1st	50
2nd	44
3rd	39
4th	35
5th	32
6th	30
7th	29
8th	28

From 6th Position Onwards, the amount of points accrued goes down in intervals of 1

Men & Women are scored separately, so both the first Man and Woman would get 50 points 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
4th January 2026

Parc Bryn Bach XC
1st February 2026

Griff/Fairwater XC
8th March 2026

October XC
(Date and Host TBD)

November XC
(Date and Host TBD)

Gwent League

Chepstow Racecourse XC
7th February 2026

Parc Bryn Bach
28th February 2026

(Venue TBC) XC
October 2026

(Venue TBC) XC
(Early November 2026)

(Venue TBC) XC
(Late November 2026)



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 2026

AWARD TIERS

	Path of Jupiter	Path of Mars	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 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 Mars 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 6 paths, these will be the members who have participated the most and actively represented the club in all five pathways/disciplines.</p>					



SUMMARY

I hope you enjoy the 2026 Championship!

The 2025 series was a huge success which we hope to build on in the 2026 season!

The format is largely the same with some minor changes to the points systems that we believe succeed in making the competition both fairer for all and more competitive at the top end. The big change is the addition of the speed-focused Path of Mars which is sure to make for an exciting new element and way to compete!

Most Path of Jupiter, Mars and Path of Faunus events do not have dates set yet but I will be putting them on heja and putting out monthly brief posts as and when they are announced to keep you all informed.

I also aim to be putting out the full current standings monthly in the hope that giving everyone a clear idea of where they stand will encourage even higher levels of participation!

If any of you have any questions regarding anything within this document 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, another huge thank you to you all for supporting me through my two years managing the championship and especially as I've tried to get this new format off the ground in 2025! It really does mean the world to see it being engaged with and enjoyed!

- Christian Ford



GOOD LUCK
EVERYBODY!

