

- ⇒ The Club Championship is inclusive and encourages friendly rivalry. It also encourages individuals to try different types of events.
- ⇒ There are 15 events to choose from in 2019. The first event is a One-Mile Time Trial, on the track on Wednesday 16th January. Your best 6 events will count.
- ⇒ Individuals will be split by age categories, with Cups being awarded to individuals that achieve the most points within their given Age Category.
- ⇒ **NEW for 2019:** One award will be given for the **BEST AGE GRADE** which measures your % performance, taking into account age and gender (similar system to parkrun).
- ⇒ **NEW for 2019:** Complete 12 events (or more) and receive a pair of golden shoelaces!
- ⇒ For full details, as well as results, please follow the link, below.
<http://www.liswerryrunners.org.uk/clubchampionship>
- ⇒ All club championship correspondence should be sent to the following e-mail address: liswerrychamps@icloud.com

This year's events are!...

Event #	Month	Date	Event
1	January	16/01/2019	Club Championship Launch Night One-Mile Time Trial
2	February	17/02/2019	THE SORBROOK SLOG
3	March	03/03/2019	City of Newport Half Marathon
4	March	31/03/2019	CARDIFF BAY RUN
5	April	14/04/2019	THE KYMIN DASH
6	May	19/05/2019	CAERPHILLY 10K
7	May / June / July / August	14/05/2019 / 11/06/2019 / 09/07/2019 / 13/08/2019	Rose Inn Race Series - 4 chances to record a best time (May / June / July / August)
8	June	15/06/2019	RABBIT RUN
9	August	04/08/2019	Brecon LIONS 10 Mile Road Race
10	August	21/08/2019	Crooked Mile
11	September	30/09/2019	Cowbridge 10k
12	October	06/10/2019	CARDIFF HALF MARATHON
13	November	03/11/2019	RICHARD BURTON 10K
14	November	09/11/2019	THE ELAN VALLEY 10 MILE ROAD RACE
15	December	07/12/2019 / 14/12/2019 / 21/12/2019 / 25/12/2019 / 28/12/2019	Newport parkrun (Tredegar House) - 5 chances to record a best time in December, 2019
Any Marathon (Or Greater) Distance Event		Various	Various
February Bonus Event		23/02/2019	George Crump Memorial Welsh Cross Country Championships