



CLUB CHAMPIONSHIP 2019

- ⇒ The Club Championship is inclusive and encourages friendly rivalry. It also encourages individuals to try different types of events.
- ⇒ There are 13 events to choose from in 2019. The first event is the Lliswerry 8 800m, on the track on Wednesday 20th 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: Complete 11 events (or more) and receive a pair of golden shoelaces!
- ⇒ For full details, as well as results, please follow the link, below.

<http://www.lliswerryrunners.org.uk/juniorsclubchampionship2019>

- ⇒ All club championship correspondence should be sent to the following e-mail address:
lliswerryjunchamps@icloud.com

This year's events are!...

Event #	Month	Date	Event	Distance	Terrain	Ranking Method
1	January	30/01/2019	Lliswerry 8 800m	800m	Track	Finishing Position
2	February	23/02/2019	Wild Night Run - BACK TO BLACK BRISTOL - 1K Kids Race (3-7 years) - 2K (8-11 years) - 5K (12+ years)	1K 2K 5K	Trail	Participation Points (75)
3	March	31/03/2019	CARDIFF BAY RUN - 2km Family Fun Run	2K	Road	Finishing Position
4	April	06/04/2019	Penallta junior parkrun / Penallta parkrun - 8 chances to record a best time in April, 2019	2K 5K	Road	Age-Grade
5	May	19/05/2019	CAERPHILLY 10K - CAERPHILLY 2K	2K	Road	Finishing Position
6	June	June, 2019 (Date TBC)	MERTHYR MAWR TRAIL RUNNING FESTIVAL - Toddler Dash (100m, 3-5 years) - Bunny Run & Family Run (2K, 6-11 years) - River Run (4K, 12-16 years)	100m 2K 4K	Cross Country	Age-Grade
7	July	July, 2019 (Date TBC)	Track Mile	1 Mile	Track	Finishing Position
8	August	04/08/2019	BARRY ISLAND 10K - BARRY ISLAND FAMILY FUN RUN	2K	Road	Finishing Position
9	September	01/09/2019	CARDIFF 10K - CARDIFF 2K Family Run	2K	Road	Finishing Position
10	September	15/09/2019	DEVAUDEN RACES - 60M DASH (Under 7 years) - 2.4K (7-11 years) - 5K (11+ years)	60m 2.4K 3K	Cross Country	Participation Points (75)
11	October	05/10/2019	CARDIFF HALF MARATHON Festival of Running - TODDLER DASH - Family Fun Run - 3K RACE	TBC 2.4K 3K	Road	Participation Points (75)
12	November	November, 2019 (Date TBC)	Gwent Leisure Centre League Cross Country Races Fixture TBC - Primary school race - Secondary school race	TBC TBC	Cross Country	Finishing Position
13	December	01/12/2019	Newport junior parkrun / Newport parkrun - 10 chances to record a best time in December, 2019	2K 5K	Trail	Age-Grade