



## CLUB CHAMPIONSHIP 2019

### ETHOS

⇒ The Club Championship is inclusive and encourages friendly rivalry within individuals' training groups and across the club as whole. It also encourages individuals to try different types of events, that they may not otherwise have considered..

⇒ When selecting events, a number of considerations were made, including:

- Having a range of different types of events, i.e. Distance, terrain etc.
- Event capacity and thus capability for individuals to have a fair opportunity to obtain an entry.
- Event costs have also been considered, with the majority of events not being prohibitively expensive.
- Having a range of local events.
- Having a range of week days on which events take place.

### EXPLANATION

⇒ There are 13 events to choose from in 2019 with a wide variety of distances, terrains and locations. The first event is the Lliswerry 8 800m, on the track, on Wednesday 30th January.

⇒ Your best 6 events will count.

⇒ Events will be scored as follows: 150 points for first place, down to 1 point for 150th place (JM11-14 / JW11-14 / JM10 / JW10 are scored separately).

⇒ Individuals will be split by age categories (age as of 01/01/2019), with Cups being awarded to individuals that achieve the most points within their given Age Category from their 6 best events.

⇒ Additional Awards.

- 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 11 events (or more) and receive a pair of golden shoelaces!

### RULES

⇒ In the event of any award finishing in a draw, the individual with the highest overall points will win. If this still doesn't determine a winner, joint winners will be declared.

### RESULTS

⇒ For full details, as well as results, please follow the link, below (where you can also download a copy of the 'Full Explanation, Results & Standings' document).

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

### CONTACT

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

### This year's events are!...

Event #	Month	Date	Event	Distance	Terrain	Ranking Method	Website
1	January	Wednesday, 30 January 2019	Lliswerry 8 800m	800m	Track	Finishing Position	<a href="http://www.lliswerryrunners.org.uk/juniors">http://www.lliswerryrunners.org.uk/juniors</a>
2	February	Saturday, 23 February 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)	<a href="https://www.wildnightrun.co.uk/the-races/back-to-black-bristol">https://www.wildnightrun.co.uk/the-races/back-to-black-bristol</a>
3	March	Sunday, 31 March 2019	CARDIFF BAY RUN - 2km Family Fun Run	2K	Road	Finishing Position	<a href="https://www.cardiffbayrun.co.uk">https://www.cardiffbayrun.co.uk</a>
4	April	Saturday, 6 April 2019	Penallta junior parkrun / Penallta parkrun - 8 chances to record a best time in April, 2019	2K 5K	Road	Age-Grade	<a href="http://www.parkrun.org.uk/pontypool-juniors">http://www.parkrun.org.uk/pontypool-juniors</a> <a href="http://www.parkrun.org.uk/penallta">http://www.parkrun.org.uk/penallta</a>
5	May	Sunday, 19 May 2019	CAERPHILLY 10K - CAERPHILLY 2K	2K	Road	Finishing Position	<a href="http://your.caerphilly.gov.uk/10k">http://your.caerphilly.gov.uk/10k</a>
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	<a href="http://www.merthymawrtrailrunningfestival.com/rabbit-run.html">http://www.merthymawrtrailrunningfestival.com/rabbit-run.html</a>
7	July	July, 2019 (Date TBC)	Track Mile	1 Mile	Track	Finishing Position	<a href="http://www.lliswerryrunners.org.uk/juniors">http://www.lliswerryrunners.org.uk/juniors</a>
8	August	Sunday, 4 August 2019	BARRY ISLAND 10K - BARRY ISLAND FAMILY FUN RUN	2K	Road	Finishing Position	<a href="https://barryisland10k.co.uk/fun-for-the-family">https://barryisland10k.co.uk/fun-for-the-family</a>
9	September	Sunday, 1 September 2019	CARDIFF 10K - CARDIFF 2K Family Run	2K	Road	Finishing Position	<a href="https://www.cardiff10k.cymru">https://www.cardiff10k.cymru</a>
10	September	Sunday, 15 September 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)	<a href="http://www.devaudenraces.com">http://www.devaudenraces.com</a>
11	October	Saturday, 5 October 2019	CARDIFF HALF MARATHON Festival of Running - TODDLER DASH - Family Fun Run - 3K RACE	TBC 2.4K 3K	Road	Participation Points (75)	<a href="http://www.cardiffhalfmarathon.co.uk/take-part/cardiff-university-festival-of-running">http://www.cardiffhalfmarathon.co.uk/take-part/cardiff-university-festival-of-running</a>
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	<a href="https://sites.google.com/site/gclrrunning/home">https://sites.google.com/site/gclrrunning/home</a>
13	December	Sunday, 1 December 2019	Newport junior parkrun / Newport parkrun - 10 chances to record a best time in December, 2019	2K 5K	Trail	Age-Grade	<a href="http://www.parkrun.org.uk/pontypool-juniors">http://www.parkrun.org.uk/pontypool-juniors</a> <a href="http://www.parkrun.org.uk/newport">http://www.parkrun.org.uk/newport</a>