

Guidelines (resulting from consultation with members August 2023)

The purpose of the championship is mostly about providing:

- opportunities for members to experience a variety of running types/terrains/skills
- races that inspire and motivate members to run and take part at all levels
- opportunities to develop/foster camaraderie - give opportunities for us to meet up.

It's less about:

- fostering a framework of competition within the club
- identifying the best runners in the club – ie finding the 'club champions'

Travel – where possible local races to be chosen but in any case, within 60 mins travelling from Chepstow. Two races can be further than this – with definitely no more than 4 further than 60 mins. Further events to be split evenly between road and off-road.

The champs co's should encourage and where possible organize transport shares to events – this may include organizing '4 in a car' club subsidies' and minibus/coach travel for far away events

In 2024 the coordinators will trial the off-road and road sub divisions of the club champs. Specifically 6 off road races and 6 road races – in total 12 monthly events. Plus a bonus race in each category. Scoring in each to be the best 4 out of 7. The usual 'combined' championship being based on each member's best 7 scores from a total of 14.

Of the 14 races annually, 7 at least should be accessible to all club members. In this case 'accessible' to mean 'able to race' as opposed to just simply get around the route.

Further guidelines:

There will be a first past the post championship (open and female categories) - the scoring of the championship (for ease of scoring/understanding) to remain as 100 for 1st, 99 for 2nd etc. The top 3 receiving prizes/awards.

There will be an Age-Graded championship (also open and female categories). In this the top 5 in each category to receive awards at the end of the year – because this replaces the Sen,40,50,60,70 categories.

There will be a memento for each member who competes in at least 7 races in the year. Any 7 races.

Club champs races should be at least 2 clear days from main 'club team' events like GLCL and should preferably also avoid clashing with other club events - fell series, mob match, Gwent XC etc.

Prize winners

Currently, it is felt that the winner of the usual combined championship should not be eligible for prizes in the separate road and off-road category as well – the prizes going to the next person who has not been awarded a prize already. This to be reviewed when we see how the trial develops.