

Club Championship 2024

Short Course Championship

7 scores to count from 8 races and 4 ranking events

Races

Cardiff Race for Victory	5km	5 May
Cardiff Summer Series 2 mile	2 miles	31 May
Cardiff Summer Series 3 mile	3 miles	21 June
Cardiff Summer Series 4 mile	4 miles	5 July
Race of Truth 5k	5km	Date TBA
Summer Sizzler 5k	5km	7 August
Club 3000m Track Event	3000m	TBC
Clevedon Boxing Day Race	4 miles	26th December

Ranking Lists

Best 1500m time (road or track)	track throughout the year 1500m individual road time trial (Date TBA)
Best 1 mile time (road or track)	throughout the year Summer Series 1 mile - 26 April Bannister Mile – 3 May
Best SSAFA 5k time	(22 May, 26 Jun, 24 Jul)
Best Rose Inn 4 mile time	(15 May, 11 Jun, 9 Jul, 13 Aug)

Long Course Championship

6 scores to count from 10 races and 3 ranking events

Races

Club Handicap 10	10 miles	4 February
Teifi 10	10 miles	31 March
Club Spring 10	10 miles	April/May (TBC)
Treforest 10k	10km	26 May
Magor 10k	10km	27 July
Cardiff Pentath Run	26.2 miles	24 and 25 August
Cardiff 10k	10km	1 September
Swansea Bay 10k	10km	15 September
Richard Burton 10k	10km	3 November
Elan Valley 10	10 miles	November (TBC)

Ranking Lists

Best road half marathon anywhere
Best road 20 mile anywhere
Best road marathon anywhere

Off Road Championship

5 scores to count from 9 races and 1 ranking list

Races

Craig y Altt (3.9miles/948ft)	20 January
CF64 (6miles)	28 January
Kymin Mountain Race (3.95miles/1148ft)	25 February
Pentrych Hill race (6.8miles/1601ft)	30 April
Radyr and Morganstown Trail Half Marathon	11 May
Porthkerry MT (5miles)	19 May
Tintern Trot (6miles)	4 July
Llantony Show (3.5miles/1099ft)	3 August
Machen Mountain Race (4.3miles/1115ft)	26 August

Ranking List

Best Coed Cefn-pwll-du parkrun ("Machen" parkrun)

Cross Country Championship

5 scores from 6 races

Races

Gwent League Fixture 4 – Margam Park	10 February
Welsh Cross Country Championships – Brecon	17 February
Gwent League Fixture 5 – Pont y Pwl Park	2 March
Gwent League Fixture 12 October - Pembrey	
"" ""	9 November - Cardiff
"" ""	30 November - Blaise Castle.

Ultra Distance Championship

By request, there will be a single test event to ascertain interest in a full championship.

The specified race is the Ridum 30mile Trail race on 7 September.

Awards may be made depending on the entry.

Mystery Race

The mystery race will not now take place in 2024, we will look to have one organised during 2025.