



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 |