SHORT COURSE CHAMPIONSHIP

9 races and 4 ranking events.

Your best 7 results count and you must run 6 to be considered for an award.

Event	Distance	Date
Cardiff 5k Race for Victory	5km	30th April 2023
Cardiff Summer Series 2 Mile	2 mile	26th May 2023 (TBC)
Cardiff Summer Series 3 Mile	3 mile	16th June 2023 (TBC)
Cardiff Summer Series 4 Mile	4 mile	7th July 2023 (TBC)
Summer Sizzler (5K or 5 Mile TBC)	5km/5 mile	2nd August 2023 (TBC)
Parc Cwm Darran 5 Mile	5 mile	Date TBC
Race of Truth 5k	5km	17th August 2023 (TBC)
Club 3000m track event	3000m	Date TBC
Clevedon Boxing Day Race	4 mile	26th December 2023

SHORT COURSE - RANKING LIST

Each of these lists can count as a performance in the championship.

All best performances will be ranked by time and scored appropriately.

The 'best 1 mile' includes the Cardiff Summer Series 1 mile, Bannister Mile, any track mile, any mile time trial - on properly measured and timed courses.

Best Rose Inn 4 mile	Redwick, Magor
Best 1 mile	Anywhere (road or track)
Best 1500m track	Anywhere
Best SSAFA 5K	Blackweir

LONG COURSE CHAMPIONSHIP

10 races and 3 ranking events. Your best 6 results count and you must run at 5 events, including at least one race from the ranking list to be considered for an award.

Event	Distance	Date
Club Handicap 10 Mile	10 mile	29th January
Reverse 10 Mile	10 mile	5th February
Cardiff Bay 10k	10km	26th March
Club Spring 10 Mile	10 mile	30th April (TBC)
Caerphilly 10K	10km	14th May
Treforest 10K	10km	28th May
Magor 10K	10km	Date TBC
Cardiff Pentath-Run	26.2 miles	26th, 27th August
Richard Burton 10K	10km	29th October (TBC)
Elan Valley 10 Mile	10 mile	11th November (TBC)

LONG COURSE - RANKING LIST

Best half marathon (road)	Anywhere
Best marathon (road)	Anywhere
Best 20 mile (road)	Anywhere

OFF ROAD CHAMPIONSHIP

11 races and 1 ranking event available. Your best 6 results count and you must run 5 to be considered for an award.

Event	Distance	Date
Kymin Winter Race	4 miles	21st January
CF64 Winter Race	6.4 miles	22nd January
Forest of Dean Half Marathon	13.1 miles	2nd April
Pentyrch Hill Race	7 miles	25th April
Cwmyoy Horseshoe Fell Race	5.6 miles	29th April
Porthkerry 5	5 miles	7th May
Rabbit Run	7.3 miles	Date TBC
Tintern Trot	6 miles	Date TBC
The Loop	6.2 miles	Date TBC
Machen Mountain Race	4 miles	28th August
Sospan 10	10 miles	Date TBC

OFF ROAD - RANKING LIST

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

CROSS COUNTRY CHAMPIONSHIP

This championship comprises the 5 Gwent League fixtures and the Welsh Championship (which includes Masters Championship).

Your best 5 scores count but you must run at least 4 races to be considered for an award.

NOTE: If you complete all five races within the Gwent League the Club will award you a much-coveted souvenir mug.

Event	Location	Date
Gwent League Fixture 4	TBC	11th February
Welsh Cross Country Championships	TBC	25th February
Gwent League Fixture 5	TBC	4th March
Gwent League Fixture 1	TBC	October TBC
Gwent League Fixture 2	TBC	November TBC
Gwent League Fixture 3	TBC	December TBC

MYSTERY RACE(S)

Following the success of this years mystery race trip to Hullavington, it has been agreed that whatever destination is chosen this year then the offered race(s) will form part of the 2023 Club Championships. To maintain the mystery, the race(s) could be under any of the categories! Note that a road half marathon is already included in the 'best half marathon' option in the Long Course Ranking List.