



Les Croupiers RC Club Championships 2021



With the current lockdown and the uncertainty over what form races will take, if any, in 2021 we have looked at mapping out a plan for the Club Championships for the coming year.

We've tried to base this calendar on a mixture of what was eventually used for the 2020 Champs and also what would normally be used to construct each Championship while keeping it accessible for as many members as possible. There will be a mixture of events that will be LCRC only and the Cardiff Running Events fixtures - these will be done via Open Track again, the Club only ones we need evidence sent via email to lcrcrunevents@gmail.com

It has been decided to make one change from the 2020 set up, for **ALL** the Club Championship events there will be a selected course which everyone will run, there will be window within which you must do your run (starting at 00:01 on the Thursday and finishing at 23:59 on the Sunday) in order to qualify for the Club Champs, you can still run a different course to enter the CRE events on Open Track if you wish, but these will be removed from the Club results.

The details of each course will be posted on the Club Forum and Facebook page prior to the event. We will try to select courses that people are familiar with or are easy to follow to ensure everyone runs the same.

In 2020 we only managed to do a Short Course and Long Course Championship, but we are hoping to add a Cross Country and Off Road Championships for 2021.

The Cross Country and Off Road courses will be looked at for suitability and ease of use, depending on the availability of courses, these may need to be run over the same course each time, e.g. Cross Country = 7 x CPR XC course, and the Off Road = 10 x Castle Coch circuit. But we will try to offer a mixture of courses where ever possible.

All events will be put on following the Welsh Government and Welsh Athletics guidelines at the time of the specific event. The current conditions do not allow for people to meet up with anyone not in their household, therefore all runs will be virtual. If the lockdown is lifted and we can go back to Club organised activities, then we will adjust the events to allow us to do small waved starts as used for the Festive 10K and the planned Old Father Time 5 mile. We will give details as and when available.

The scoring for each Championship is detailed below :

Long Course Champs - this is made up of a possible 13 events, with your Best 6 scoring, you must complete a minimum of 5 events in order to be listed in the final tables.

Short Course Champs - this is made up of a possible 14 events, with your Best 6 scoring, you must complete a minimum of 5 events in order to be listed in the final tables.

Cross Country Champs - this is made up of a possible 7 events, with your Best 5 scoring, you must complete a minimum of 4 events in order to be listed in the final tables.

Off Road Champs - this is made up of a possible 10 events, with your Best 6 scoring, you must complete a minimum of 5 events in order to be listed in the final tables.

Les Croupiers RC Club Championships 2021

Start Date	End Date	Long Course Champs	Short Course Champs	Cross Country Champs	Off Road Champs	Notes
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January

07/01/2021	10/01/2021					
14/01/2021	17/01/2021	Old Father Time 5 mile				
21/01/2021	24/01/2021				LCRC Off Road # 1	
28/01/2021	31/01/2021	Club 10 mile				

February

04/02/2021	07/02/2021			LCRC X-C # 1		
11/02/2021	14/02/2021				LCRC Off Road # 2	
18/02/2021	21/02/2021	LCRC 15Km				
25/02/2021	28/02/2021			LCRC X-C # 2		

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March

04/03/2021	07/03/2021					Barry 40
11/03/2021	14/03/2021			LCRC X-C # 3		
18/03/2021	21/03/2021	CRE Taff Trail Half Mar				
25/03/2021	28/03/2021				LCRC Off Road # 3	

April

01/04/2021	04/04/2021			LCRC X-C # 4		
08/04/2021	11/04/2021				LCRC Off Road # 4	
15/04/2021	18/04/2021		Eikeden Relay (7Km)			
22/04/2021	25/04/2021					
29/04/2021	02/05/2021					

May

06/05/2021	09/05/2021		CRE Bannister Miles			
13/05/2021	16/05/2021		CSS 1 mile			
20/05/2021	23/05/2021				LCRC Off Road # 5	
27/05/2021	30/05/2021		CSS 2 mile			

June

03/06/2021	06/06/2021		CSS 3 mile			
10/06/2021	13/06/2021					Welsh Castles Relay
17/06/2021	20/06/2021		CSS 4 mile			
24/06/2021	27/06/2021					

July

01/07/2021	04/07/2021		CSC 1Km			
08/07/2021	11/07/2021		CSC 2Km			
15/07/2021	18/07/2021		CSC 3Km			
22/07/2021	25/07/2021		CSC 4Km			
29/07/2021	01/08/2021		LCRC 5K TT			

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August

05/08/2021	08/08/2021		Sizzler 5K			
12/08/2021	15/08/2021				LCRC Off Road # 6	
19/08/2021	22/08/2021		Eikeden Relay (7Km)			
28/08/2021	29/08/2021	CPR 2 Day Challenge				

September

02/09/2021	05/09/2021					
09/09/2021	12/09/2021	CLC 5 mile				
16/09/2021	19/09/2021				LCRC Off Road # 7	
23/09/2021	26/09/2021	CLC 8Km				
30/09/2021	03/10/2021					London Mar + CHM

October

07/10/2021	10/10/2021			LCRC X-C # 5		
14/10/2021	17/10/2021	CLC 10Km				
21/10/2021	24/10/2021				LCRC Off Road # 8	
28/10/2021	31/10/2021	CLC 15Km				

November

04/11/2021	07/11/2021			LCRC X-C # 6		
11/11/2021	14/11/2021	CLC 10 mile				
18/11/2021	21/11/2021				LCRC Off Road # 9	
25/11/2021	28/11/2021	CLC HM				

December

02/12/2021	05/12/2021			LCRC X-C # 7		
09/12/2021	12/12/2021				LCRC Off Road # 10	
16/12/2021	19/12/2021	Festive 10Km				
23/12/2021	26/12/2021					
30/12/2021	02/01/2022	Old Father Time 5 mile				