

MALDWYN HARRIERS CLUB CHAMPIONSHIPS 2017

(* denotes Maldwyn Harriers event)

Please note that some criteria have changed – please read the criteria section below where changes have been marked in bold.

MARCH	Saturday 4 th	Rhayader "Round the Lakes" 5 mile	ROAD
	Saturday 4 th	Rhayader "Round the Lakes" 20 mile	ROAD
	Sunday 19 th	Shrewsbury 10k	ROAD
APRIL	Friday 14 th	Chocoholics 5k*	ROAD
	Wednesday 26 th	Caradoc Classic	FELL
MAY	Sunday 7 th	Newtown 10k*	ROAD
	Sunday 14 th	Powis Trail 10	TRAIL
	Sunday 21 st	Royal Welsh Trail Running 10k	TRAIL
	Sunday 21 st	Royal Welsh Trail Running half	TRAIL
	Wednesday 24 th	Rhayader 5k (2 nd)	ROAD
JUNE	Sunday 4 th	Gregynog Trail Race*	MIXED
	Wednesday 14 th	Park Hall 5k	ROAD
	Wednesday 21 st	Pontesbury Fell Race	FELL
JULY	Friday 7 th	BBQ 5k*	ROAD
	Tuesday 18 th	Gwastedyn Hill Race, Rhayader	MIXED
	Saturday 29 th	Dolgellau 5 mile Road Race	ROAD
AUGUST	Friday 18 th	Neil Howells Memorial Race*	MULTI
	Sunday 20 th	Borth 10k	TRAIL
	Sunday 27 th	Ellesmere 10k	ROAD
SEPTEMBER	Sunday 17 th	Shrewsbury Seven Bridges	ROAD
	Sunday 24 th	Bury Ditches	FELL
OCTOBER	Sunday 1 st	Cardiff Half Marathon	ROAD
	Saturday 7 th	Coed y Brenin Relays	TRAIL
NOVEMBER	Sunday 11 th	Mad Jacks 5k	TRAIL
	Sunday 12 th	Herefordshire X/C	TRAIL
	Saturday 18 th	Elan Valley 10 mile	ROAD

CRITERIA

- You must be a member of Maldwyn Harriers
- **There are 24 races of which you must complete at least 8 to be part of the championship**
- **Your best 8 races, scored as a percentage of the race winner's time, will be counted**
- **There are races on 4 types of terrain. Athletes competing on the four types will receive a bonus of 40 points.**
- For new members joining the club in mid-season only those races run after membership has been ratified will be counted
- **Current members must pay subs by the Newtown 10k if they wish to include the March/April events.**
- There will be awards for overall Male and Female club championships as well as in each category in 10 year bands.