

MALDWYN HARRIERS CLUB CHAMPIONSHIPS 2018

Please read the criteria as there have been changes to this year's races.

Race	Type	Approx Distance	2018 date
Herefordshire X/C	Trail		04/02/2018
Shrewsbury 10k	Road	10k	18/03/2018
Chocoholics	Road	5km	30/03/2018
Berriew 10k	Trail	10k	08/04/2018
Caradoc Classic	Fell		25/04/2018
Shobdon Wood	trail		06/05/2018
Newtown 10k	Road	10k	13/05/2018
Gregynog	Multi	7km	03/06/2018
Park Hall 5k	Road	5km	13/06/2018
Middletown Show Race	Fell		30/06/2018
BBQ 5k	Road	5km	06/07/2018
Rhayader Hill	Multi		11/07/2018
Dolgellau 5 mile	Road	8km	28/07/2018
Clun Canter	Fell		03/08/2018
Guilsfield	Multi	6km	08/08/2018
Neil Howells	Multi	6km	17/08/2018
Ellesmere 10k	Road	10km	26/08/2018
Shrewsbury 7 bridges	Road	10km	16/09/2018
Bury Ditches	Fell		30/09/2018
Cardiff Half	Road	21km	07/10/2018
Coed y Brenin relays	Trail		13/10/2018
Mad Jacks 5	Trail	8km	10/11/2018
Stiperstones time trial	Multi		25/11/2018
Track 3,000 metres (please see below for details)	Track	3km	29 th April, 25 th May, 22 nd June
Herefordshire X/C	Trail		11/11/2018

Not all the dates are confirmed please check nearer the race

Check the race criteria closely

You must be a member of Maldwyn Harriers

- a There are 25 races of which you must complete at least 8 to be part of the championship
- b Your best 8 races will be scored as a percentage of the time of the first Maldwyn runner.
- c There are races on 4 types of terrain. Athletes competing on the four types will receive a bonus of 40 points.
- d For new members joining the club in mid-season only those races run after membership has been ratified will be counted
- e Current members must pay subs by the Newtown 10k if they wish to include the March/April events.
- f There will be awards for overall Male and Female club championships as well as in each category in 10 year bands.
- g Ages are taken as of the first race i.e. 4/2/18 not the first race in which you compete.
- h Stiperstones Time Trial – This can be run as an individual or pair. As a same sex pair - 5 points bonus, as a mixed pair – 15 points bonus, as an individual – no bonus.
- i 3,000 mtrs track. There will 2 opportunities and the best time will be taken as the score. Please look out on Face Book and the web page for dates.

Any queries please contact Dave Peters 01686 630344 or jillanddave70@gmail.com