

# 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.

<b>MARCH</b>	Saturday 4 <sup>th</sup>	Rhayader "Round the Lakes" 5 mile	<b>ROAD</b>
	Saturday 4 <sup>th</sup>	Rhayader "Round the Lakes" 20 mile	<b>ROAD</b>
	Sunday 19 <sup>th</sup>	Shrewsbury 10k	<b>ROAD</b>
<b>APRIL</b>	Friday 14 <sup>th</sup>	Chocoholics 5k*	<b>ROAD</b>
	Wednesday 26 <sup>th</sup>	Caradoc Classic	<b>FELL</b>
<b>MAY</b>	Sunday 7 <sup>th</sup>	Newtown 10k*	<b>ROAD</b>
	Sunday 14 <sup>th</sup>	Powis Trail 10	<b>TRAIL</b>
	Sunday 21 <sup>st</sup>	Royal Welsh Trail Running 10k	<b>TRAIL</b>
	Sunday 21 <sup>st</sup>	Royal Welsh Trail Running half	<b>TRAIL</b>
	Wednesday 24 <sup>th</sup>	Rhayader 5k (2 <sup>nd</sup> )	<b>ROAD</b>
<b>JUNE</b>	Sunday 4 <sup>th</sup>	Gregynog Trail Race*	<b>MIXED</b>
	Wednesday 14 <sup>th</sup>	Park Hall 5k	<b>ROAD</b>
	Wednesday 21 <sup>st</sup>	Pontesbury Fell Race	<b>FELL</b>
<b>JULY</b>	Friday 7 <sup>th</sup>	BBQ 5k*	<b>ROAD</b>
	Tuesday 18 <sup>th</sup>	Gwastedyn Hill Race, Rhayader	<b>MIXED</b>
	Saturday 22 <sup>nd</sup>	Dolgellau 5 mile Road Race	<b>ROAD</b>
<b>AUGUST</b>	Friday 19 <sup>th</sup>	Neil Howells Memorial Race*	<b>MULTI</b>
	Sunday 20 <sup>th</sup>	Borth 10k	<b>TRAIL</b>
	Sunday 27 <sup>th</sup>	Ellesmere 10k	<b>ROAD</b>
<b>SEPTEMBER</b>	Sunday 17 <sup>th</sup>	Shrewsbury Seven Bridges	<b>ROAD</b>
	Sunday 24 <sup>th</sup>	Bury Ditches	<b>FELL</b>
<b>OCTOBER</b>	Sunday 1 <sup>st</sup>	Cardiff Half Marathon	<b>ROAD</b>
	Saturday 7 <sup>th</sup>	Coed y Brenin Relays	<b>TRAIL</b>
<b>NOVEMBER</b>	Sunday 11 <sup>th</sup>	Mad Jacks 5k	<b>TRAIL</b>
	Sunday 12 <sup>th</sup>	Herefordshire X/C	<b>TRAIL</b>
	Saturday 18 <sup>th</sup>	Elan Valley 10 mile	<b>ROAD</b>

## 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.