

## SPIRIT OF MONMOUTH CLUB CHAMPIONSHIP 2024

Date	Day	Race	Dist	Details
18/02/2024	Sunday	The Sorbrook Slog	7 Miles	<a href="https://www.eventbrite.co.uk/e/sorbrook-slog-2023-tickets-502581764587">https://www.eventbrite.co.uk/e/sorbrook-slog-2023-tickets-502581764587</a>
03/03/2024	Sunday	Newport Half Marathon	13 Miles	<a href="https://cityofnewporthalfmarathon.com/take-part/">https://cityofnewporthalfmarathon.com/take-part/</a>
11/04/2024	Thursday	Severn Bridge 5 Twilight	5 Miles	<a href="https://sites.google.com/site/roguerunsevents/home?fbclid=IwAR24mQa_lxW">https://sites.google.com/site/roguerunsevents/home?fbclid=IwAR24mQa_lxW</a>
28/04/2024 TBC	Sunday	Bluebell Blunder	6 Miles	<a href="https://sites.google.com/site/roguerunsevents/home/enter-races">https://sites.google.com/site/roguerunsevents/home/enter-races</a>
14/05/2024	Tuesday	Rose Inn Series #1 Best Of Series	4 Miles	<a href="https://www.sites.google.com/site/chepstowharriersrunningclub/open-races/ro">https://www.sites.google.com/site/chepstowharriersrunningclub/open-races/ro</a>
23/05/2024 TBC	Thursday	Fountain 5	5 Miles	<a href="http://fodac.org.uk/wordpress/?page_id=5190">http://fodac.org.uk/wordpress/?page_id=5190</a>
11/06/2024	Tuesday	Rose Inn Series #2 Best Of Series	4 Miles	<a href="https://www.sites.google.com/site/chepstowharriersrunningclub/open-races/ro">https://www.sites.google.com/site/chepstowharriersrunningclub/open-races/ro</a>
07/07/2024 TBC	Sunday	Monmouth Challenge Run	7 Miles	<a href="https://www.monmouthtri.club/challenge-run">https://www.monmouthtri.club/challenge-run</a>
09/07/2024	Tuesday	Rose Inn Series #3 Best Of Series	4 Miles	<a href="https://www.sites.google.com/site/chepstowharriersrunningclub/open-races/ro">https://www.sites.google.com/site/chepstowharriersrunningclub/open-races/ro</a>
14/07/2024	Sunday	Mic Morris 10km	6 Miles	<a href="https://micmorris.fullonsport.com/event/mic-morris-torfaen-10k-2023/profile?fbcl">https://micmorris.fullonsport.com/event/mic-morris-torfaen-10k-2023/profile?fbcl</a>
School Holidays	Saturdays	PARKRUN - BEST RESULT	3 Miles	<a href="https://www.parkrun.org.uk/">https://www.parkrun.org.uk/</a>
28/07/2024	Sunday	Magor 10k	6 Mile	<a href="https://sites.google.com/site/chepstowharriersrunningclub/open-races/magor-10">https://sites.google.com/site/chepstowharriersrunningclub/open-races/magor-10</a>
13/08/2024	Tuesday	Rose Inn Series #4 Best Of Series	4 Miles	<a href="https://www.sites.google.com/site/chepstowharriersrunningclub/open-races/ro">https://www.sites.google.com/site/chepstowharriersrunningclub/open-races/ro</a>
25/08/2024 TBC	Sunday	Severn bridge half	13 Miles	<a href="https://sites.google.com/site/severnbridgehalfmarathon/">https://sites.google.com/site/severnbridgehalfmarathon/</a>
22/09/2024	Sunday	Oldbury 10	10 miles	<a href="https://thornburyc.fullonsport.com/event/oldbury-10-mile-2023/profile">https://thornburyc.fullonsport.com/event/oldbury-10-mile-2023/profile</a>
06/10/2024	Sunday	Wizz Air Cardiff Half Marathon	13 Miles	<a href="https://www.cardiffhalfmarathon.co.uk/take-part/register/">https://www.cardiffhalfmarathon.co.uk/take-part/register/</a>
tbc	October	Blaze the Biblins	6 Miles	<a href="https://www.pontypoolrunners.co.uk/our-events/ponty-plod/">z\sqZ</a>
tbc	October	Ponty Plod	11 Miles	<a href="https://www.pontypoolrunners.co.uk/our-events/ponty-plod/">https://www.pontypoolrunners.co.uk/our-events/ponty-plod/</a>
tbc	October	The Twmbarlwm Terror		
tbc	November	Newent 9	6 Miles	<a href="https://newentrainers.com/newent-9/">https://newentrainers.com/newent-9/</a>
tbc	November	Severn Bridge 5 Night Race 1 Best	5 Miles	<a href="https://sites.google.com/site/roguerunsevents/home/our-events/sb-night-runs">https://sites.google.com/site/roguerunsevents/home/our-events/sb-night-runs</a>
tbc	December	Severn Bridge 5 Night Race 2 Best	5 Miles	<a href="https://sites.google.com/site/roguerunsevents/home/our-events/sb-night-runs">https://sites.google.com/site/roguerunsevents/home/our-events/sb-night-runs</a>

**ALSO.....**

### FASTEST MARATHON

10pts for fastest Male and Female Marathon times of the year, down to 6pts for 5th fastest. Everyone thereafter gets 5pts for their efforts

### ULTRA off road

10pts hands down for everyone completing an ultra over 30 miles

### BEST 10 RESULTS FROM ALL OF THE ABOVE COUNT

10pts for top male & female home in the named races, down to 1pt for 10th and all thereafter

### Have to enter the race under the name of "SPIRIT OF MONMOUTH"

Age Related award for best male & female outside of top runner of year