

Welcome to Pontypridd Roadents Athletics Club

What We Offer

Membership with Pontypridd Roadents offers you the following benefits:

- *Affiliation to Welsh Athletics*
- *Reduced entry fees to many races*
- *Free entry to some races, for example Gwent League cross country, Cosmeston Relays.*
- *Public Liability Insurance*
- *Access to two club training sessions per week and the track sessions at Bargoed Track*
- *Entry to club draw for London Marathon places (T&Cs apply)*
- *Discounts with some sports retailers*

Affiliation with Welsh Athletics offers you the following benefits:

- *Annual Yearbook listing all competitions, contacts, information - a must-have for every athlete*
- *Basic insurance*
- *£5 off any Under Armour product when spending £30 at Tony Pryce Sports*
- *10% off at Tony Pryce Sports with Loyalty Card*
- *£2 entry fee reduction in road running events*
- *20% off products from the Lucozade online shop*
- *10% off at Run and Become*

Where we meet

MONDAY

What: Track Session

Where: Bargoed Race Track, Bargoed Park, Moorland Road, Bargoed, CF81 8PS

When: 6.30pm start

No facilities available.

TUESDAY

What: Club training session

Where: Hopkinstown Cricket Club, Hopkinstown Road, Pontypridd, CF37 2PR.

When: 6.45pm start

Meet on the wooden terrace outside the changing rooms.

Showers, changing facilities, and refreshments are available

THURSDAY

What: Club training session

Where: University Playing Fields, Tyn-Y-Wern, Main Avenue, Treforest Industrial Estate, CF37 5UP

When: 6.45pm start

Meet at the main reception.

Showers, changing facilities, and refreshments are available

Club Training

Weekly training schedules can be found on the website and facebook page.

We offer a variety of different training sessions.

Speed Reps: (and track sessions)

- *These sessions consist of several laps of 200 m, 400 m, 600 m, 800 m, 1 km or 1 mile, or any combinations and variations on this theme.*
- *Each lap is followed by a short rest period to allow you to recover slightly before the next rep*
- *There is no obligation to complete all laps, it's better to get home in one piece than complete all laps and injure yourself!*

Hill Reps:

- *These sessions involve hills of varying degrees of steepness*
- *Several laps are completed per session*
- *The intention behind hill efforts is that you increase your speed on the uphill section and then recover on the downhill section.*
- *There is no rest period on hill repeats, the intervals are broken up by the downhill section.*
- *There is no obligation to complete all the reps and the session can be varied by doing shorter or longer reps.*

Field Sessions:

- *Held on the university playing fields on dry nights in the summer months*
- *Usually consist of shuttle runs, circuits, figure of 8, fartlek, pair running, etc.*

Tempo Runs:

- *We have several routes we which rotate on a regular basis*
- *Each run is usually between 6 and 10 miles*
- *There are possible short cuts for most, but not all, routes and these will be offered to those not choosing to complete the whole route.*
- *We operate a back marker/support runner rota, where an existing member of the club will ensure all new or slower runners have returned safely or are with another group of runners. No one should ever get lost or left alone.*

Trail Runs and Torch Runs :

- *Occasionally we like to get away from the roads and head for the hills*
- *Appropriate footwear should be worn for the terrain*
- *In the winter months a head torch is required*

Club Handicap Race:

- *Takes place on the last Thursday of every month*
- *All members are encouraged to take part*
- *The slower members start first followed by the faster members at various time increments.*
- *The winner receives a personal trophy to keep and gets to take home the Handicap trophy for a month.*

Parkrun:

- *A free, timed 5k that takes place in various locations at 9am every Saturday. Run or volunteer, the choice is yours.*
- *Local events include Pontypridd, Parc Penallta, Parc Bryn Bach, Cardiff, Grangemoor, Newport, Porthcawl and Barry Island.*

Safety Code

The following advice is intended to keep our runners safe at ALL times.

It is essential that whilst out running as a club we are seen to be polite, responsible, set a good example, and not put others at risk.

GENERAL SAFETY

All club members must take personal responsibility for their own safety.

At All Times: BE SEEN!

During the day, always wear bright or light-coloured/ clothing - fluorescent is good.

At night, always wear light-coloured clothing plus a reflective (not just fluorescent) bib or sash.

Clip on flashers are a great way to be seen.

Never assume you've been seen – Always be cautious with traffic.

Always Face Oncoming Traffic

Run on the right-hand side of the road if there is no pavement.

The only exception is right-hand bends - in this case, cross over well beforehand, and cross back afterwards. This way, you can always see what's coming and take evasive action if necessary.

Be Considerate of Other Road/Pavement Users

Do not run on the road when there are adequate pavements.

Pay particular attention at road junctions or entrances. Do NOT step off the pavement without checking ahead & behind.

NEVER run across the road in front of cars!

Do NOT force pedestrians into the road.

Be Aware – Look & Listen

Your ears are part of your personal safety equipment!

If you listen to music while you run you are placing yourself at HIGHER RISK of an accident.

Consider Your Personal Safety

Avoid running alone in unpopulated, unfamiliar areas and stay away from trails surrounded by heavy brush

Don't stop to give directions to strangers in cars if you are running alone.

Carry a mobile phone if you are on your own.

Stick with your group and ensure the group stays together.

If you have to depart from the group for any reason make sure you tell someone else in the group where you are going.

Before Setting Out

Know who's in your group, who's leading and who's at the back.

Know your route, and stick to it.

Know the distance, and make sure you are up to it.

Be aware of conditions, e.g. freezing temperatures, icy/slippery pavements, etc.

If Leaving Street-Lit Areas

Wear a head torch or take a small hand torch! It helps drivers/other people see you.

If you cannot see where you are putting your feet SLOW DOWN OR WALK.

Consider How You Would Get Help

Make sure someone knows your route & schedule.

Take a mobile phone.

Medical Conditions

All members of the club must declare themselves medically fit to run at their own risk and shall not hold the club responsible for any incident occurring through a personal medical condition or injury. Members with any medical conditions must ensure that they carry with them the relevant details of the condition and their name, address and emergency contact details.

Club Committee

<i>President</i>	<i>Andy Davies</i>
<i>Chairman</i>	<i>Carl Edwards</i>
<i>Vice Chairman</i>	<i>Laurence Pole</i>
<i>Secretary</i>	<i>Julian Davies</i>
<i>Treasurer</i>	<i>Nick Pounder</i>
<i>Membership Secretary</i>	<i>Fiona Campbell</i>
<i>Club Championship Secretary</i>	<i>Rhodri Evans</i>
<i>Men's Road Race Captain</i>	<i>Paul Graham</i>
<i>Women's Road Race Captain</i>	<i>Clara Evans</i>
<i>Men's Cross Country Captain</i>	<i>Nick Denny</i>
<i>Women's Cross Country Captain</i>	<i>Elaine Ferguson</i>
<i>Social Secretary</i>	<i>Clair Houston & Darren Bishop</i>
<i>Kit Officer</i>	<i>Darren Bishop</i>
<i>PR/Newsletter</i>	<i>Fiona Campbell & Jo Gwynne</i>
<i>Website Editor</i>	<i>Laurence Pole & Simon Pritchard</i>

<i>General Committee</i>	<i>Sara Brooke-Smith</i> <i>William Denny</i> <i>Ceri-anne Davies</i> <i>Rhian Durham</i> <i>Jan Edwards</i> <i>Brian Gough</i> <i>Louise Graham</i> <i>Steve Hooper</i> <i>Rhian Hopkins</i> <i>Geoff Jones</i> <i>Sian Khalil</i> <i>Alex Sebury</i> <i>Helen Welch</i>
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<i>Welfare Officers</i>	<i>Neil Brooke-Smith</i> <i>Charlie Smith</i>
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Our Club Races

Pontypridd Roadents hosts 3 races every year and club members are expected to help out wherever possible.

Treforest 10k

10km road race starting from The Pottery pub on Treforest Industrial Estate, Treforest, Pontypridd, CF37 5YR.

The first 2km are flat, followed by a 500m uphill section, 3km of undulating roads through Gwaelod-y-Garth, with a final, flat 4.5km section towards the finish line.

The race is suitable for runners of all abilities over the age of 16.

Prizes are awarded to the first 3 men and women to finish. Awards are also presented to the first male and female within the age categories. Team prizes will be awarded to first male and female team.

The Loop Race

A 6 mile off road race starting from Barry Sidings Country Park, near Hopkinstown Cricket Club

The first 3 miles are uphill, followed by a 1 mile flat section, before a 2 mile fast downhill section towards the finish line.

This event also includes two children's race of 1km and 1 mile for different age categories.

The Reverse 10

A 10 mile race starting from Penallta House, Tredomen Park, Ystrad Mynach.

Previously the course has been mainly run on tarmac paths with a small section on trail paths. The course is undulating with one uphill and downhill section, and is run through two parks of outstanding beauty. The route for 2016 is still to be confirmed.

The race is suitable for runners of all abilities.

Prizes are awarded to the first 3 men and women to finish. Awards are also presented to the first male and female within the age categories. Team prizes will be awarded to first male and female team.

T-shirts are awarded to all finishers.

Below is a list of duties required to ensure the events run smoothly:

Advertising/distribution of flyers

Putting out race signs and mile markers (and collecting)

Race Entries (in advance and on the day)

Car parking attendants

Route Marshals

Water Stations

Announcer

Starting Team

Finishing Team

Award Presentation Team

The dates for the races have been confirmed as:

Treforest 10k – Sunday 29th May 2016

The Loop – Sunday 17th July 2016

Reverse 10 – Sunday 11th September 2016

Club Championship 2016

The Club Championship is a league designed to reward members who represent the club at races and raise the profile of the club, to reward their performances at these races, and to acknowledge their commitment to the club throughout the year.

The objective of the Club Championship is to encourage as many members as possible to train, improve, and enjoy their running.

Rules

- 1. The Club Championship year runs from 1st January to 31st December in line with current club membership and prizes are awarded at the presentation evening usually held in February the following year.*
- 2. You have to be a paid member of Pontypridd Roadents AC in order for the results to count. Any race you participate in before joining or before paying Club membership fees will not count towards your final result.*
- 3. You have to finish the race for the result to count.*
- 4. You must enter the club/team name as 'Pontypridd Roadents AC' on race entry forms in order to make it easier for the Championship secretary to find your result. Any variations on this name may result in your points not being allocated, especially if your race time cannot be easily found.*
- 5. You must wear a club vest. The only exceptions are parkrun, a marathon where a charity vest may be worn, and an ultra race where specific kit is required.*
- 6. The time used will be the official chip time (or gun time if timing chips are not used) from the race organisers, not your watch time.*
- 7. It is the responsibility of each member to inform the Championship secretary of any results they want included in the 'any marathon' category. All marathon results will be collated onto a spreadsheet and points will be allocated at the end of the year.*
- 8. Any member who transfers their race number to another runner and who does not change the ownership of that race number through the correct channels with the race organisers will not have the points allocated. It is the responsibility of the runner to inform the Championship secretary of any changes prior to or within one week of the event taking place.*
- 9. The Road Championship and Off-Road Championship are separate competitions and all members are eligible to compete for both awards.*
- 10. Awards will be given to the overall winner, 2nd place and 3rd place for male and female runners within two divisions A and B.*
- 11. The league table will be regularly updated and displayed on the Club website and facebook page. Any issues in relation to race results/scoring should be sent to the committee. They will discuss the query at their next scheduled meeting and will respond back at that point in time.*
- 12. Additional events may be added at the discretion of the club committee.*

Road Championship

There are 16 races in the Road Championship and the 8 best results are counted towards the final score. The 8 'best' results are those races that give the runner the most Championship points; they are not necessarily the 8 best performances.

Off Road Championship

There are 16 races in the Off Road Championship and the 8 best results are counted towards the final score. The 8 'best' results are those races that give the runner the most Championship points; they are not necessarily the 8 best performances.

Club Championship 2016

Points System

Points will be allocated based on the following factors:

1. representing the club at races (participation points)
2. performance on the day (placing points)
3. bonus points for PB performances (on the same course)

We hope this will give all members the opportunity to do well in the Club Championship and make those stand out who have really excelled during the year.

1. Participation points

For representing the club at events - **5 points** will be allocated for starting and finishing the race. You must finish the race to be allocated the points.

2. Placing (performance) points

a. Club position

Points will be allocated in respect of a runner's finishing position within the club. The first male and first female finisher will receive 10 points, the second 9 points and so on. If there are more than 10 club runners in the race the first would receive the number of points equivalent to the number of club runners in the race – i.e. if there are 17 men in the race, the first man would get 17 points, the second 16 points, and so on, and the same for the female runners.

b. Race position

Points will be allocated in respect of a runner's overall position within the race as follows:

Winning the race	- 15 points
Top 10%	- 10 points
11% - 20%	- 9 points
21% - 30%	- 8 points
31% - 40%	- 7 points
41% - 50%	- 6 points
51% - 60%	- 5 points
61% - 70%	- 4 points
71% - 80%	- 3 points
81% - 90%	- 2 points
91% - 100%	- 1 point

NB: Placing points will not be given for parkruns

NB: In order to receive performance points for a marathon you must inform the Championship secretary in advance which marathon you are undertaking, and ensure you update them with the results soon afterwards. Marathon points shall be awarded by making an ordered table of all marathon times for the year. The member with the fastest time will be awarded maximum points etc. Only one marathon time will be used for each member in the current Championship year.

3. Bonus points for PB performances

5 bonus points will be awarded for those runners beating their previous years' time for the same race, but only if the race is run on the same course (this will be confirmed by the official time from the race website)

NB: PB bonus points will only be allocated **ONCE** for your fastest parkrun time of the Championship year.

Club Championship 2016

Road Races

16 races, best 8 results to count.

<i>Lliswerry 8</i>	<i>Sunday 31st January</i>
<i>Merthyr half marathon</i>	<i>Sunday 6th March</i>
<i>San Domenico 20</i>	<i>Sunday 20th March</i>
<i>Cardiff Bay 5</i>	<i>Monday 2nd May (TBC)</i>
<i>Caerphilly 10k</i>	<i>Sunday 19th June</i>
<i>Swansea half marathon</i>	<i>Sunday 26th June</i>
<i>Mic Morris 10k</i>	<i>Sunday 17th July</i>
<i>Brecon 10</i>	<i>August (date TBC)</i>
<i>Merthyr 10k</i>	<i>August (date TBC)</i>
<i>Severn Bridge half marathon</i>	<i>Sunday 28th August</i>
<i>Cardiff half marathon</i>	<i>October (date TBC)</i>
<i>Richard Burton 10k</i>	<i>Sunday 6th November</i>
<i>Nos Galan 5k</i>	<i>Thursday 31st December</i>
<i>Best Rose Inn race</i>	
<i>Best Pontypridd parkrun in 2016</i>	
<i>Best road marathon or ultra result in 2016</i>	

Off Road Races

16 races, best 8 results to count.

<i>Night Run Chepstow Racecourse</i>	<i>Thursday 21st January</i>
<i>Craig yr Allt, Caerphilly</i>	<i>Saturday 23rd January</i>
<i>Margam Park trail half marathon</i>	<i>Sunday 21st February</i>
<i>Gilwern Grunt</i>	<i>Monday 28th March</i>
<i>Pentyrch hill race</i>	<i>Tuesday 26th April</i>
<i>Bluebell Blunder</i>	<i>Wednesday 20th April</i>
<i>Porthkerry Plod</i>	<i>Sunday 8th May</i>
<i>Bladerunner</i>	<i>Wednesday 6th July</i>
<i>Llantwit Major 10k</i>	<i>Date TBC</i>
<i>Llanwonno trail 10k & half marathon</i>	<i>Monday 29th August</i>
<i>Ponty Plod, Pontypool</i>	<i>Sunday 16th October</i>
<i>Bog and Bryn Challenge, Cwmbran</i>	<i>November (date TBC)</i>
<i>Sospan 10</i>	<i>Sunday 20th November</i>
<i>Best TWO Gwent League Cross Country</i>	
<i>Best trail marathon or ultra result in 2016</i>	

Club Presentation Night

Usually held in January or February is the club awards ceremony.

The following awards are presented on the night:

Women's Club Championship Road Races (Division A) – 1st place
Women's Club Championship Road Races (Division A) – 2nd place
Women's Club Championship Road Races (Division A) – 3rd place

Men's Club Championship Road Races (Division A) – 1st place
Men's Club Championship Road Races (Division A) – 2nd place
Men's Club Championship Road Races (Division A) – 3rd place

Women's Club Championship Road Races (Division B) – 1st place
Women's Club Championship Road Races (Division B) – 2nd place
Women's Club Championship Road Races (Division B) – 3rd place

Men's Club Championship Road Races (Division B) – 1st place
Men's Club Championship Road Races (Division B) – 2nd place
Men's Club Championship Road Races (Division B) – 3rd place

Women's Club Championship Off-Road Races – 1st place
Women's Club Championship Off-Road Races – 2nd place
Women's Club Championship Off-Road Races – 3rd place

Men's Club Championship Off-Road Races – 1st place
Men's Club Championship Off-Road Races – 2nd place
Men's Club Championship Off-Road Races – 3rd place

Handicap Race Series – 1st place
Handicap Race Series – 2nd place
Handicap Race Series – 3rd place
Handicap Race Series – 4th place
Handicap Race Series – 5th place
Top Racer in Handicap Series

Most Improved Runner – Male
Most Improved Runner - Female

Chairman's Award for Outstanding Performance

Runner's Runner – award presented to the person fellow members feel has represented the club well during the previous year.

Useful Contacts

Club Members

Andy Davies (President)	Email: runningman69@hotmail.com Telephone: 07984 631771
Carl Edwards (Chairman)	Email: carlcte@aol.com Telephone: 07702 549717
Julian Davies (Secretary)	Email: pontypriddroadents@hotmail.co.uk Telephone: 01443 401439
Fiona Campbell (Membership)	Email: roadentsnews@gmail.com Telephone: 01443 685844
Neil Brooke-Smith (Welfare)	Email: neilbsmith@aol.com Telephone: 07875422041
Charlie Smith (Welfare)	Email: runningbirdie@aol.com Telephone: 07921367252

Welsh Athletics

Welsh Athletics Ltd. Tel: 02920 644870	Cardiff International Sports Stadium, Leckwith Road, Cardiff. CF11 8AZ Fax: 02920 342687 E-mail: office@welshathletics.org
Jacqueline Brace (Membership & Registration Officer)	Email: Jacqueline.brace@welshathletics.org Telephone: 02920 644870
Tom Marley (Education Admin Officer)	Email: tom.marley@welshathletics.org
Ryan Spencer-Jones (Club Network Officer – South Wales)	Email: ryan.spencer-jones@welshathletics.org Telephone: 02920 644870
Steven Boyles (Club Network Officer – South East Wales)	Email: steven.boyles@welshathletics.org Telephone: 02920 644870
Joey Duck (Club Network Officer – Glamorgan Valleys)	Email: joey.duck@welshathletics.org Telephone: 02920 644870

Physio/Chiro

Angela Cavi. Pontypridd Osteopath Clinic, 9 Gelliwastad Road, Pontypridd, CF37 2BW
Tel: 01443 485302 website: www.pontypriddosteopaths.co.uk

Olwen Griffiths, Pontypridd Chiropractic Clinic, 81 Hopkinstown Road, Pontypridd, CF37 2PS
Tel: 01443 650634 website: pontypriddchiropracticltd.com

Rebecca Hopkins, Muscle Medics Sports Massage Clinic, Arthur Street, Williamstown, Tonypandy,
Tel: 07532333378 website: www.musclemedics.co.uk

Peak Performance, Creazione Dance & Fitness Studio, Sparks House, Westner Industrial Estate, Caerphilly, CF83 1BQ
Tel: 07807 638584 website: www.peakperformancesportstherapy.co.uk

Performance Physiotherapy, 31 Gelliwastad Road, Pontypridd, CF37 2BN

Other Races of Interest

Sunday 21 st February	-	Two Bays Tough Ten
Sunday 28 th February	-	Pontypool 10k
Sunday 28 th February	-	St Davids Day 1k, 5k or 10k
Sunday 28 th February	-	Bath Two Tunnels 10k
Saturday 5 th March	-	Rhayader Round the lakes 5 mile & 20 mile
Saturday 6 th March	-	Newport Half Marathon
Sunday 13 th March	-	Llanelli Half Marathon
Sunday 13 th March	-	Gloucester 20
Sunday 13 th March	-	Bath Half Marathon
Sunday 13 th March	-	Abergavenny 10k
Sunday 13 th March	-	Dragon 10k, Cardiff
Saturday 19 th March	-	Black Mountains 10 mile, Marathon & Ultra
Sunday 20 th March	-	Forest of Dean Spring Half Marathon
March (Date TBC)	-	Atlantic College 10k
Saturday 26 th March	-	Cardiff Half Marathon World Championships
Sunday 27 th March	-	Pendine Half Marathon
Saturday 2 nd April	-	Vale of Glamorgan Coastal Challenge 18.5 & 30 miles
Saturday 2 nd April	-	The Bath Beat 12.5, 17, 21 or 26.5 miles
Sunday 3 rd April	-	Llanelli 20 mile, 10 mile & 5 mile
Sunday 3 rd April	-	Paris Marathon
Saturday 9 th April	-	The Taith Torfaen
Sunday 10 th April	-	Welsh Road Relay Championship
Sunday 10 th April	-	Manchester Marathon
Sunday 10 th April	-	Rome Marathon
Sunday 17 th April	-	Brighton Marathon
Sunday 17 th April	-	Great Welsh Marathon
Sunday 17 th April	-	Brecon Beacons Trail 5k, 10k, Half Marathon, Marathon & Ultra
Sunday 24 th April	-	London Marathon
Sunday 24 th April	-	Offa's 'Orror
Sunday 24 th April	-	Parc Bryn Bach 10k
Sunday 1 st May	-	Brecon to Cardiff Ultra
Sunday 8 th May	-	Hereford Half Marathon
Sunday 8 th May	-	Bath Two Tunnels 10k, Half Marathon
Sunday 8 th May	-	Sorbrook Slog
Tuesday 10 th May	-	Rose Inn Series Race 1
Saturday 14 th May	-	Rhondda Rollercoaster
Saturday 14 th May	-	Brecon Beacons 10 mile, Marathon & Ultra
Sat 14 th / Sun 15 th May	-	Hope 24
Sunday 15 th May	-	Cwm Ogwr 5 mile road race
Sunday 15 th May	-	Sirhowy Challenge
Saturday 21 st May	-	Westcountry Flat 50 miler
Saturday 21 st May	-	Westcountry Hilly 50 miler
Sat 21 st / Sun 22 nd May	-	Westcountry 100 miler
Sat 21 st / Sun 22 nd May	-	Slateman Triathlon
Sunday 22 nd May	-	Race for Life 5k Bridgend
Sunday 22 nd May	-	Wales Velothon
Sunday 22 nd May	-	Snowdonia Half Marathon
Sat 28 th / Sun 29 th May	-	Edinburgh Marathon Festival
Sat 28 th / Sun 29 th May	-	Rock n Roll Liverpool Festival
Sunday 29 th May	-	Women's Running 10k
May (Date TBC)	-	Talgarth 10
Wednesday 1 st June	-	Merthyr Mawr Lanes 5k
Fri 3 rd - Sun 5 th June	-	South Wales 50 & 100 miles
Saturday 4 th June	-	The Gauntlet Games, Cardiff
Sat 4 th / Sun 5 th June	-	Welsh Castles Relay
Sunday 5 th June	-	RACK Raid
Sunday 5 th June	-	To Hell and Back

<i>Fri 10th – Sun 12th June</i>	-	<i>Brutal Beast 50,100 & 200 miles</i>
<i>Saturday 11th June</i>	-	<i>Man v Horse</i>
<i>Sunday 12th June</i>	-	<i>Race for Life 5k & 10k Llanelli</i>
<i>Sunday 12th June</i>	-	<i>Whitebrook Windup 10k & Half Marathon</i>
<i>Tuesday 14th June</i>	-	<i>Rose Inn Series Race 2</i>
<i>Sunday 19th June</i>	-	<i>Race for Life 5k Cwmbran</i>
<i>Saturday 25th June</i>	-	<i>Midnight Mountain Marathon</i>
<i>Sat 25th / Sun 26th June</i>	-	<i>Race to the King</i>
<i>Sunday 3rd July</i>	-	<i>Race for Life 5k & 10k Bristol</i>
<i>Thursday 7th July</i>	-	<i>Tintern Trot</i>
<i>Saturday 9th July</i>	-	<i>Ham & Lyme 50k & 100k</i>
<i>Sunday 10th July</i>	-	<i>Wales Marathon (Long Course Weekend)</i>
<i>Sunday 10th July</i>	-	<i>Bath Two Tunnels 10k</i>
<i>Tuesday 12th July</i>	-	<i>Rose Inn Series Race 3</i>
<i>Wednesday 13th July</i>	-	<i>Cosmeston Relays</i>
<i>Sat 16th / Sun 17th July</i>	-	<i>Race to the Stones</i>
<i>Sunday 17th July</i>	-	<i>Race for Life 5k & 10k Cardiff</i>
<i>Sunday 24th July</i>	-	<i>Bath Festival of Running 10k & Half Marathon</i>
<i>Sunday 24th July</i>	-	<i>Race for Life 5k & 10k Swansea</i>
<i>Sunday 31st July</i>	-	<i>Magor Marsh 10k</i>
<i>Friday 5th August</i>	-	<i>Murder Mile</i>
<i>Saturday 6th August</i>	-	<i>Merthyr Supersprint Triathlon</i>
<i>Sunday 7th August</i>	-	<i>Gloucester City Marathon *New for 2016*</i>
<i>Tuesday 9th August</i>	-	<i>Rose Inn Series Race 4</i>
<i>Sat 3rd / Sun 4th Sept</i>	-	<i>Joust 24</i>
<i>Sunday 4th September</i>	-	<i>Cardiff 10k</i>
<i>Saturday 10th September</i>	-	<i>Race for Life Cardiff – Pretty Muddy</i>
<i>Sunday 11th September</i>	-	<i>Wentwood Woodlark</i>
<i>Sunday 18th September</i>	-	<i>Swansea 10k</i>
<i>Sunday 18th September</i>	-	<i>Bath Two Tunnels 10k, Half Marathon & Marathon</i>
<i>Saturday 24th September</i>	-	<i>Black Mountains 10 mile, Marathon & Ultra</i>
<i>Sunday 25th September</i>	-	<i>Survival of the Fittest</i>
<i>Sunday 23rd October</i>	-	<i>Ron Skilton Half Marathon</i>
<i>Saturday 29th October</i>	-	<i>Snowdonia Marathon</i>
<i>Sunday 13th November</i>	-	<i>Morun 5k and 10k, Cardiff</i>
<i>November (Date TBC)</i>	-	<i>Elan Valley 10</i>
<i>Saturday 3rd December</i>	-	<i>Brecon Beacons 10 mile, Marathon & Ultra</i>
<i>December (Date TBC)</i>	-	<i>Merthyr Mawr Pudding Race</i>
<i>Monday 26th December</i>	-	<i>Glynneath Boxing Day 5</i>
<i>Monday 26th December</i>	-	<i>Boxing Day Fun Run 5 mile Cwmbran, Torfaen</i>
<i>December (Date TBC)</i>	-	<i>Old Father Time Vets 5 mile</i>

This list is not exhaustive, new races and race dates are released all the time.

Dates for the Cardiff Running summer series 2016, the SSAFA 5k series 2016, and Gwent League cross country 2016-17 are still to be confirmed.