



FIXTURES BUT NO RANKINGS 2012

Happy New Year

The New Year is traditionally a time for planning ahead, and reviewing what we've been doing the previous year. This statistical edition of ACE has been produced for almost 30 years now in an attempt to help us achieve this objective.

In the meantime, of course, technological advances have meant that the need for this facility isn't quite what it was. For a start, thanks to the excellent work now carried out by Ed Donovan, we can look up annual ranking lists, or indeed, statistics for any individual member by simply accessing the Results Section of the website.

Therefore, the aim of this booklet is now to simply collate all the fixtures and championships which may be of interest. As you know, each of the championships has its own page. However, sometimes, in updating the scores throughout the season it's easy to lose track of the overall list of races in the championship.

The main body of the booklet "All other fixtures" is simply a copy of the requisite part of the Welsh Athletics Yearbook you should have recently received. In case you mislay this, I've included this listing, just to have a comprehensive document of most of the events we'll be involved in.

All you need now is to start competing! Good luck – and don't forget to inform us of how you get on.

Long Course Road Championship

There will be a list of prescribed races at distances ranging from 10 kilometres to 20 miles.

In addition there will be ranking lists of best times for half-marathon and marathon. These performances need to be on recognised courses with published results. It is your responsibility to make sure your result is recorded accurately!

The Championship will be based upon the best **FIVE** performances but at least one of them must be from one of the two ranking lists for either a marathon or half marathon.

There are two possibilities:

1. **Three** races from the prescribed list **and** a marathon time **and** a half-marathon time.
2. **Four** races from the prescribed list and **either** a marathon time **or** a half-marathon time.

Of course you may have more than five qualifying performances but your best five will be the ones that count.

The prescribed list includes our own promotions and those of some other local clubs. Other well supported races from previous years have also been included.

The list of races is as follows:

- 22 January – Club Handicap 10 miles – followed by brunch and the AGM
- 29 January – Lliswerry 8 mile
- 18 March – Atlantic College 10 km – St. Donats
- 25 March – San Domenico 20 mile – Merthyr
- 6 May – Castles 10 mile time trial
- 5 August (TBC) – Brecon 10 mile
- 19 August (TBC) – Merthyr Police 10 km
- 9 September – Cardiff 10 km
- 23 September – Swansea Bay 10km

Dates will be confirmed as soon as we are aware of them.

Short Course Championship

In this Championship there are prescribed races and ranking lists:

This Championship will be based on the best **SIX** performances from the following list:

- Rose Inn 4 mile series - 8 May, 12 June, 10 July and 14 August
- Run and Become series – 2 miles on 11 May, 3 miles on 1 June and 4 miles on 6 July.
- Merthyr Mawr Lane 5km – This is the mob match against Bridgend Athletic Club and Brackla Harriers – Wednesday 30 May
- Summer Sizzler 5km – 1 August – followed by a Barbeque
- Club 5km individual time trial – 16 August – seeded start and mystery teams!
- 3000 metres at the Club Track meet – Sunday 24th June at Leckwith Stadium.
- Best parkrun time during 2012 – any parkrun anywhere in the world!
- Best time from the monthly 1 mile time trial series – Fridays in April through to September

The dates will be confirmed when we know them.

Cross Country Championship

The races in the Cross Country Championship for 2011-2012 are:

9 Oct 2011 - Gwent League Race 1 - Newbridge Fields, Bridgend

13 Nov 2011 - Gwent League Race 2 - University of Bath

4 December 2011 - Gwent League 3 - Singleton Park, Swansea

10 December 2011 - Welsh Masters Championship (within Inter Regional Championships) - Royal Show Ground, Builth Wells

11 February 2012 - Gwent League Race 4 - Penlan Leisure Centre, Brecon

18 February 2012 - Welsh Senior Cross Country Championships - St Fagans, Cardiff

3 March 2012 - Gwent League Race 5 - Blaise Castle, Bristol

Remember your best 5 scores will count from the 5 Gwent Leagues and an appropriate Championship - for seniors it is St Fagans in February and for Masters it is Builth Wells in December.

Off Road Championship

Here's the list of off-road championship races for 2012. I'll put this on the off-road part of the web site before I get in trouble!

There are 11 races and 5 to count. The 5 highest scores for an athlete will be used to consider them for an award. However the athlete must complete at least 4 races for an award to be made.

Kymin Winter Race, 4 miles, Monmouth, Saturday 7 January

Forest of Dean Half Marathon, 13.1 miles, Parkend, Forest of Dean, Sunday 1 April

Offa's Orror, 20K, Tintern, Wye Valley, Sunday 22 April

Pentyrch Fell Race, 6.5 miles, Pentyrch, Tuesday 24 April

Porthkerry Plod, 6 miles, Porthkerry, Barry, Sunday 13 May

Sirhowy Challenge, 10 miles, Crosskeys, Ynysddu, Sunday 20 May

Bwystfil y Bryn, 6.8 miles, Bryn, Nr Maesteg, Saturday 16 June

Tintern Trot, 6 miles, Tintern, Wye Valley, Thursday 5 July

St Arvan's MT 10, 10 miles, Near Tintern, Sunday 16 September

Sospan Road Runners MT 10, 10 miles, Llanelli, Pembrey Park, Sunday ? November

Merthyr Mawr Xmas Pudding, 10K, Merthyr Mawr, Sunday 16 December

2012 Fixture List

parkrun is also held every Saturday morning at 9.00am

Date	Event Name	Contact Name	Telephone
JANUARY			
2nd Jan	Old Father Time Masters 5 Mile	John Griffin	02920 625317
7th Jan	Great Edinburgh Cross Country (Celtic Championships)	Nova International	01912 727033
7th Jan	Kymin Multi-Terrain	Rod Jones	01600 772400
8th Jan	UWIC Indoor Grand Prix 2 (Cardiff)	Welsh Athletics	02920 644870
8th Jan	West Glam Cross Country League 3 (Margam Park)	Kevin Corcoran	01792 792301
8th Jan	Borders Road Running League 4 - Abergele		
14th Jan	Grand Prix Express North Wales Cross Country (Telford)	David Alun Williams	01978 820612
15th Jan	McCain Cardiff Cross Challenge	Graham Finlayson	07711 018359
21st Jan	McCain Antrim Cross Challenge	Cliff Robinson	01332 519521
21st Jan	Welsh u13/u15/Senior Indoor T & F Champs	Welsh Athletics	02920 644870
21st Jan	Twin Piers 10km Colwyn Bay	Russell Godwin	01492 535926
22nd Jan	Club Handicap 10 + AGM	Jeff Aston	.
22nd Jan	Welsh u13/u15/Senior Indoor T & F Champs	Welsh Athletics	02920 644870
22nd Jan	West Glam Cross Country League 4 (Margam)	Kevin Corcoran	01792 792301
22nd Jan	Menai 10km Anglesey		
29th Jan	Lliswerry 8 Mile (Newport)	Paul Day	01633 667375
29th Jan	North Wales Cross Country Championships (Rhug)	David Alun Williams	01978 820612
FEBRUARY			
4th Feb	North Wales Cross Country League (Oswestry)	David Alun Williams	01978 820612
4th Feb	European Clubs Cross Country Championships (Venue TBC)	UK Athletics	01217 138400
4th Feb	McCain Indoor City Challenge (Sheffield)	UK Athletics	01217 138400
5th Feb	Runnerslife XC Challenge	Charles Jones	07798 503168
5th Feb	Alsager 5 Mile Road Race	Welsh Athletics	02920 644870
11th Feb	Gwent Cross Country League (Brecon)	Roland Sherwood	01437 563690
11-12th	Aviva World Trials & UK Indoor Champs (Sheffield)	UK Athletics	01217 138400
12th Feb	Llandudno Nick Beer 10km Road Race	Kay Hutton	07967 119601
12th Feb	Valentines 10km Road Race (Ceredigion)	Hilary McCarthy	01239 851432
18th Feb	Aviva Indoor Grand Prix (Birmingham)	UK Athletics	01217 138400
18th Feb	Welsh Cross Country Championships (St Fagans, Cardiff)	Welsh Athletics	02920 644870
18th Feb	Borders Road Running League 5 - Wrexham		
19th Feb	Llanelli 10 Mile	Noelwyn Daniel	07968 859260
19th Feb	Village Bakery Half Marathon (Wrexham)	Peter Jones	01978 756142
19th Feb	UWIC Indoor Grand Prix 3 (Cardiff)	Welsh Athletics	02920 644870
26th Feb	Pontypool 10km Home Run	Christine Vorres	01633 271364
MARCH			
3rd Mar	Gwent Cross Country League (Bristol)	Roland Sherwood	01437 563690
4th Mar	St David's Day 5km & 10km inc 5km Welsh Championships (Cardiff)	Nathan Gibbons	02920 490837
4th Mar	Llanelli Half Marathon	Tim Gasser	01554 758036
4th Mar	Welsh Sports Hall Finals (Cwmbran)	Welsh Athletics	02920 644870
4th Mar	Barry Track 40	Mick McGeoch	01446 741573
9th-11th	IAAF World Indoor Championships (Istanbul)	UK Athletics	01217 138400
10th Mar	Inter-counties Cross Country Championships (Birmingham)	Cliff Robinson	01332 519521
11th Mar	3 x 5k Relay {provisional}	Phil Cook	.
11th Mar	Borders Road Running League 6 (Helsby)		
17th Mar	Rhayader Round the Lakes 20 Mile	Angela Arthur	01597 810705
17-18th	BMAF Indoor Championships (Lee Valley)	UK Athletics	01217 138400
18th Mar	Home Countries Cross Country International (Glasgow TBC)	Welsh Athletics	02920 644870
18th Mar	Atlantic College 10km (Llantwit Major)	Ruth Pickvance	01446 799075
24th Mar	Vale of Clwyd 10km (Llandyrog)	Joe Cooper	
25th Mar	San Domenico 20 Mile	Ian McDonald	07885 575059
25th Mar	Welsh Road Relays (Llandow)	Welsh Athletics	02920 644870
25th Mar	British Masters Cross Country Champs (Bath Uni)		
31st Mar	Llanbedr to Blaenafon	Christine Vorres	01495 758831

Date	Event Name	Contact Name	Telephone
APRIL			
3rd-8th	World Masters Indoor Championships (Jyväskylä, Finland)	UK Athletics	01217 138400
6th Apr	Maldwyn Harriers Chocoholics 5k (Maldwyn)	Paul Beeson	01686 411354
8th Apr	Richard Burton 10km (Cwmafon)	Derek Bines	01639 793476
8th Apr	Parc Bryn Bach 10km	Helen Morgan Hospice	01495 717277
14th Apr	ERRA Men's 12 Stage & Women's 6 Stage Road Relays	Welsh Athletics	02920 644870
14th Apr	British Mountain Championships - Medium Category (Coledale)	UK Athletics	01217 138400
15th Apr	Great Welsh Marathon (Llanelli)	Tim Gasser	01554 758036
18th Apr	Cardiff Open Meeting	Welsh Athletics	02920 644870
18th Apr	Swansea Open Meeting - TBC	Welsh Athletics	02920 644870
22nd Apr	Virgin London Marathon & Mini Marathon	UK Athletics	01217 138400
22nd Apr	Offa's Orror (Chepstow)	Colin Prosser	07921 082750
22nd Apr	Welsh Senior League 1 (Deeside)	Welsh Athletics	02920 644870
24th Apr	Pentyrch Hill Race (Cardiff)	John Gough	02920 891721
25th Apr	Borders Road Running League (Deeside)		
25th Apr	Swansea Open Meeting - TBC	Welsh Athletics	02920 644870
27th Apr	Monthly 1 mile TT	Phil Cook	
28th Apr	North Wales 10 Mile	David Alun Williams	
29th Apr	Run 4 Rescue 10km	Joe Cooper	
29th Apr	Welsh Mountain Championships - Medium Category (Mynydd Troed)	Welsh Athletics	02920 644870
MAY			
1st May	Brecon 3 Mile Road Race	Kath Crane	01874 658588
5th May	British Athletics League 1 (Premier only)	David Jeacock	01793 854111
5th May	The Red Kite Challenge (Sialens Y Barcud Coch)	Dic Evans	01974 261202
6th May	Castles 10 mile run	Phil Cook	
6th May	Newtown 10km		
6th May	The Devils Race (Ras Y Diafol) 30km (approx) Trail Race	Dic Evans	01974 261202
7th May	Cardiff Bay 5 Mile	Carolyn Holt	03003 731028
8th May	Swansea Bay 5km Series 1 & 1 Mile Challenge	Grant Howells	07860 460532
8th May	Rose Inn 4 Mile Series	Andy Meek Welsh	01291 424423
9th May	Rhostryfan 10km	Mair Tomos	
12th May	British Masters Road Relays (Sutton Park, Birmingham)		
12th May	South/East Wales Regional Championships (Newport)	Welsh Athletics	02920 644870
12th May	British Mountain Championships - Short Category (Slieve Bearnagh)	UK Athletics	01217 138400
13th May	West Wales Regional Championships (Neath)	Welsh Athletics	02920 644870
13th May	Porthkerry Plod Multi-terrain (Barry)	Andrew Palmer	07879 060270
13th May	Jan Younger Memorial 10km	Martin Dyde	01646 684059
13th May	Anglessey Half Marathon		
15th May	Brecon 4 Mile Road Race	Kath Crane	01874 658588
16th May	Whitford Point Race (Gower)	Jeremy Collins	
18th May	Monthly 1 mile TT	Phil Cook	
19th May	Loughborough T & F International	Welsh Athletics	02920 644870
19th May	BMC Grand Prix 1 (Sports City, Manchester)	BMC	01628 415748
19th May	World Masters Mountain Running Championships (Buhlertal, Germany)	UK Athletics	01217 138400
19th May	British Mountain Running Inter-Counties Championships	UK Athletics	01217 138400
20th May	Bristol 10km Run	Bristol	01782 396 113
20th May	Great Manchester Run	Nova International	01912 727033
20th May	Sirhowy Challenge	Mike Heare	01495 245430
23rd May	SSAFA 5km Road Race Series 1 (Cardiff)	Graham Finlayson	07711 018359
23rd May	Sun Centre 5km (Rhyl, inc North Wales Championship)	Gareth Hughes	01745 888078
26th May	British Athletics League 1 (Various)	David Jeacock	01793 854111
27th May	British Masters Track 10,000m (Oxford)		
27th May	Welsh Senior League 2 (Cwmbran)	Welsh Athletics	02920 644870
28th May	BUPA London 10,000 (Westminster)	London Marathon	02079 020200
29th May	Brecon 5 Mile Road Race	Kath Crane	01874 658588
30th May	Merthyr Mawr Lane 5km	Steve Brace	
JUNE			
2nd-4th	Welsh T & F Championships (All Age Groups inc Snr and Masters)	Welsh Athletics	02920 644870
9th Jun	BMC Grand Prix 2 (Watford)	BMC	01628 415748
9th-10th	Welsh Castles Relay	John Griffin	02920 625317

Date	Event Name	Contact Name	Telephone
JUNE con't			
10th Jun	Welsh Senior League 3 (Swansea)	Welsh Athletics	02920 644870
10th Jun	Llandudno 10 Mile inc Welsh Championsips	John Hatton	01492 870847
10th Jun	British Masters Marathon Championships (Tenby)		
12th Jun	Swansea Bay 5km Series 2 & 1 Mile Challenge	Grant Howells	07860 460532
12th Jun	Rose Inn 4 Mile Series	Andy Meek Welsh	01291 424423
15th Jun	Carnival 5km	Paul Beeson	01686 411354
16th Jun	Aviva World Trials & Championships U20 & U23 (Bedford)	UK Athletics	01217 138400
16th Jun	Bwstfil Y Bryn	Sean Tobin	
17th Jun	Croups Pontcanna 5 mile	Phil Cook	
17th Jun	British Masters 5k Champs (Horwich)		
17th Jun	Riverbank Run (inc Eddie Faure Memorial 10km)	Gill Brandrick	01745 853356
17th Jun	Welsh Mountain Championships - Long Category (Ras Y Berwyn)	Welsh Athletics	02920 644870
20th Jun	SSAFA 5km Road Race Series 2 (Cardiff)	Graham Finlayson	07711 018359
22nd-24th	Aviva Olympic Trials & UK Champs (Venue TBC)	UK Athletics	01217 138400
22nd Jun	Ras Yr Hafod 10km (approx) Trail Race	Dic Evans	01974 261202
23rd Jun	Trail Marathon Wales (Coed Y Brenin)		
24th Jun	Aberdare 5 Mile	Ann Crimmings	01685 876456
27/06-01/07	European Athletics Championships (Helsinki)	UK Athletics	01217 138400
29th Jun	Monthly 1 mile TT	Phil Cook	
30th Jun	British Athletics League 2 (Various)	David Jeacock	01793 854111
30th Jun	Welsh Combined Events Championships - WSAA & WA (Newport)	Welsh Athletics	02920 644870
JULY			
4th Jul	Cwmcarn Scenic 7	Mike Heare	01495 245430
4th Jul	Vaynol Park 10km	Eilir Evans	
5th Jul	Tintern Trot	Dave Andrews	01291 689973
6th Jul	BBQ 5km	Paul Beeson	01686 411354
7th Jul	BMC Grand Prix 3 (Trafford)	BMC	01628 415748
7th Jul	European Mountain Running Championships (Denizili, Turkey)	UK Athletics	01217 138400
7th Jul	British Mountain Championships - Long Category (Arrochar Alps)	UK Athletics	01217 138400
8th Jul	McCain Birmingham Games (Alexander Stadium)	UK Athletics	01217 138400
10th Jul	Swansea Bay 5km Series 3	Grant Howells	07860 460532
10th Jul	Rose Inn 4 Mile Series	Andy Meek Welsh	01291 424423
10th-15th	IAAF World Junior Championships (Barcelona)	UK Athletics	01217 138400
11th Jul	Cosmeston Relays	Jim McCulloch	07923 554635
14th Jul	Welsh Inter-Regional Championships inc Gemau Cymru (Cardiff)	Welsh Athletics	02920 644870
13th-14th	Aviva London Grand Prix (Crystal Palace)	UK Athletics	01217 138400
14th Jul	Welsh Mountain Championships - Short Category (Pen Y Fan)	Welsh Athletics	02920 644870
15th Jul	Race the Train (Caernarfon)	Mike Blake	
15th Jul	Great North 10km	Nova International	01912 727033
20th Jul	Monthly 1 mile TT	Phil Cook	
21st Jul	BMC Grand Prix 4 (Solihull)	BMC	01628 415748
21st-22nd	British Masters T&F Championships (Derby)	UK Athletics	01217 138400
25th Jul	SSAFA 5km Road Race Series 3 (Cardiff)	Graham Finlayson	07711 018359
28th Jul	Llanfair TH Mountain Race	Sean McCormack	07774 948596
28th Jul	British Athletics League 3 (Various)	David Jeacock	01793 854111
28th Jul	Dolgellau 5 Mile	Peter Nicholls	
28th Jul	Snowdon International Mountain Race (Llanberis)	Welsh Athletics	02920 644870
29th Jul	Magor Marsh 10km (Redwick)	Rob Brown	01633 880165
29th Jul	Torfaen 10km	Ben Jeffries	01633 628961
AUGUST			
1st Aug	Summer Sizzler 5k	Phil Cook	
3rd-11th	London Olympics - Athletics	UK Athletics	01217 138400
4th Aug	Welsh Senior League 4 (Colwyn Bay)	Welsh Athletics	02920 644870
5th Aug	Ingli Runners 10km (Fishguard)	Bethan Ouseley	
10th Aug	Monthly 1 mile TT	Phil Cook	
10th Aug	Murder Mile	Mike Heare	01495 245430
11th Aug	Welsh Mountain Running Championships - Long Category (Tal Y Bont)	Welsh Athletics	02920 644870
12th Aug	Great Orme 15km	Dennis Pearson	
14th Aug	Rose Inn 4 Mile Series	Andy Meek Welsh	01291 424423
15th Aug	Neath Open Meeting	Welsh Athletics	02920 644870

Date	Event Name	Contact Name	Telephone
AUGUST con't			
16th Aug	Club 5k TT	Jeff Aston	
16th-25th	European Veterans Outdoor Championships	UK Athletics	01217 138400
17th Aug	Neil Howells Memorial Race	Trefor Pugh	01686 668149
18th Aug	Race The Train (Tywyn)	John Reynolds	01654 767274
18th Aug	British Athletics League 4 (Various)	David Jeacock	01793 854111
22nd Aug	Lake to Lake Home Run	Christine Vorres	01633 271364
25th-26th Aug	CPR	Phil Cook	
25th Aug	BMC 5 & McCain Challenge Final (Bedford)	BMC	01628 415748
25th Aug	McCain Uk Challenge Final (Bedford)	UK Athletics	01217 138400
25th-27th	McCain CAU Inter-Counties T & F Championships	UK Athletics	01217 138400
26th Aug	Aviva Birmingham Grand Prix T & F	UK Athletics	01217 138400
26th Aug	Great Yorkshire Run 10km	Nova International	01912 727033
SEPTEMBER			
2nd Sep	Caernarfon 10km inc Welsh Championships	Arwel Lewis	01248 671202
2nd Sep	Source of the Severn	Paul Beeson	01686 411354
2nd Sep	World Mountain Running Championships (Venue TBC)	UK Athletics	01217 138400
7th Sep	Monthly 1 mile TT	Phil Cook	
8th Sep	Welsh & British Mountain Championships - Short Category (Moel Wnion)	Welsh Athletics	02920 644870
9th Sep	Cardiff 10km	Graham Finlayson	07711 018359
9th Sep	Lake Vryynwy Half Marathon	Janet Roberts	01691 870636
9th Sep	Ras Fawr Llanddoged	Buddug Jones	
14th Sep	Monthly 1 mile TT	Phil Cook	
16th Sep	BUPA Great North Run (Newcastle)	Nova International	01912 727033
16th Sep	St Arvans Multi-Terrain 10	Colin Prosser	07921 082750
22nd Sep	British & Irish Mountain Running Championships (Melmerby, Cumbria)	UK Athletics	01217 138400
23rd Sep	2 Rivers Run (Presteigne)	Dawn Lloyd	01544 267052
23rd Sep	Swansea Bay 10km	Nigel Jones	01792 635422
30th Sep	Bristol Half Marathon Run	Bristol	01782 396 113
30th Sep	Flintshire 10km		
OCTOBER			
6th Oct	World Half Marathon Championships (Kavarna, Bulgaria)	UK Athletics	01217 138400
13th Oct	ERRA 6 & 4 Stage Road Relays	Welsh Athletics	02920 644870
14th Oct	Cardiff Half Marathon inc Welsh Championships	Welsh Athletics	02920 644870
20th-21st	Cross Country Leagues - Recommended weekend		
27th Oct	Snowdonia Marathon	Welsh Athletics	02920 644870
28th Oct	Great South Run 10 Mile	Nova International	01912 727033
NOVEMBER			
4th Nov	Abergele 5 Mile	Dr Sean McCormack	07774 948596
10th Nov	British & Irish Masters Cross Country International (Stormont)	UK Athletics	01217 138400
10th Nov	Welsh Mountain Championships - Medium Category (Rhobell Fawr)	Welsh Athletics	02920 644870
11th Nov	McCain Bristol Cross Challenge	UK Athletics	01217 138400
18th Nov	Drovers Run	Andrew Mundy	
20th Nov	Conwy Half Marathon	Chris Yorke	
24th Nov	McCain Liverpool Cross Challenge & Euro Trials	UK Athletics	01217 138400
DECEMBER			
1st Dec	Cross Country Leagues - Recommended weekend		
4th Dec	Helena Tipping 10km	Peter Jones	
9th Dec	Spar European Cross Country Championships (Hungary)	UK Athletics	01217 138400
16th Dec	Corndon Peaks Classic 5.7 Mile		
16th Dec	Merthyr Mawr Xmas Pudding Race 10km	John Morgan	01639 722508
31st Dec	Nos Galan 5km	RCT Events Team	01443 424123