

(April, 2019)

**CLUB CHAMPS**

**2019 SO FAR…**

10 competitors have already completed 4 or more events, and are on-course to collect a pair of golden shoelaces!

**Now, for the serious bit! Our Leaders . . .**

(L) = Lliswerry | (C) = Caerleon

**Age-Graded League:**

**1st Jeffrey Wherlock (L)**

**2nd Sandra Chipper (L)**

**3rd Christopher Morgan (L)**

**LPF (Improvers) League:**

**1st Paul Harris (L)**

**2nd Chris Potter (L)**

**3rd Simon Gill (L)**

**Points League:**

**1st Chris Potter (L)**

**2nd Paul Harris (L)**

**3rd Lee Drew (L)**

**Upcoming Events:**

* **THE KYMIN DASH – 14th April**
* **CAERPHILLY 10K – 19th May**
* **Rose inn Races Series:**

**– Race 1: 14th May**

**– Race 2: 11th June**

**– Race 3: 9th July**

**– Race 4: 13th August**

* **RABBIT RUN – 15th June**

**25%**

**of members (138) have volunteered at either Newport parkrun (Tredegar House) or Riverfront parkrun (in 2019), thus qualifying to compete in the final event of the year – Event #15**

**(Best December Newport parkrun)**

**The average competitor:**

* **Is 43 years-of-age**
* **Has completed 2 events**
* **Scored 184, in the Points League**
* **Scored 155, in the LPF (Improvers) League**
* **Averages 60%, in the Age-Graded League**

**260 members (48%) haven’t**

**yet taken part in any events. But, there’s still plenty of events left to enter and score points in!**

**of Caerleon members have taken part, so far**

**53%**

**of Lliswerry members have taken part, so far**

**52%**

**3,500 Miles!**

**Many, many home-made post-race treats have been consumed! ☺**

**500 Hours!**

**During the course of the first 4 events**

**(plus the February bonus event) competitors have clocked-up:**

* **Over 500 hours of running**
* **Over 3,500 Miles (5,500 KM)**

**5,500 KM!**

**Over 25 marathon (or greater distance) events have already been completed, just in the first quarter of the year**

**. . . Clocking-up over 200 hours of running**

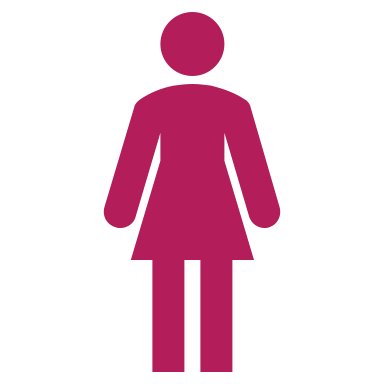
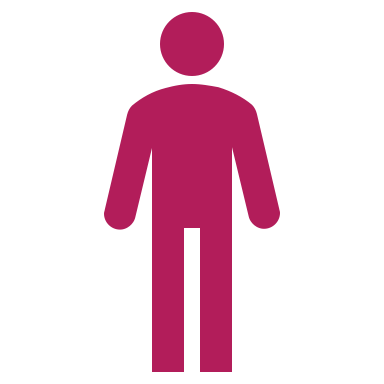
**. . . Before marathon season has even really begun!**

**51%**

**of male members have taken part, so far**

**54%**

**of female members have taken part, so far**



**As we’ve now made it to a quarter of the way through 2019, I thought it’d be good to provide a quick update about the how the championship is going. Rather than just a regurgitation of the standings (that you can already find on the** [**website**](http://www.lliswerryrunners.org.uk/clubchampionship2019)**),**

**I thought it might be good to share some facts about the progress of the champs up to this point . . .**

