

Forest of Dean AC, 2019 Championship Race List

January	10 th	Rogue Runs night Race	5/6 Miles	Off Road
	19 th	Craig Yr Alt Fell Race	3.91 Miles	Off Road
February	3 rd	Cardiff Winter Warmer	10k Only	Road/Off Road
	7 th	Rogue Runs Night Race	5-6 Miles	Off Road
March	24 th	Forest of Dean Half Marathon	13.2 Miles	Off Road
	16 th	Fission 20/20	20k or 20 Miles	Road
	28 th	Rogue Runs Night Race	5-6 Miles	Off Road
April	14 th	Kymin Dash	7 Miles	Road/Off Road
	22 nd	Gilwern Grunt	8 Miles	Off Road
May	12 th	Hereford Half Marathon	13.2 Miles	Road
	14 th	Rose Inn 1	4 Miles	Road
	?	Cleeve Cloud Cuckoo	5.5 Miles	Off Road
		Severn Bridge parkrun May best	5k	Road
June	9 th	Magic Roundabout	10k	Off Road
	11 th	Rose Inn 2	4 Miles	Road
July	4 th	Tintern Trot	6 Miles	Off Road
	9 th	Rose Inn 3	4 Miles	Road
	29 th	Magor 10k	10k	Road
August	2 nd	Murder Mile	1 Mile	Road
	13 th	Rose Inn 4	4 Miles	Road
	17 th ^p	Wye Valley Runners 10 Mile	10 Miles	Road
	25 th	Severn Bridge Half Marathon	13.2 Miles	Road
		FOD parkrun (Aug Best)	5k	Off Road
Sept	8 th	Wentwood Trail	10k	Off Road
	22 nd	Swansea 10k	10k	Road
October	?	Trellech Beacon Dash	10k	Off Road
	6 th	Cardiff Half Marathon	13.2 Miles	Road
	27 th	Stroud Half	13.2 Miles	Road
Nov	?	Severn Bridge Night Race (Any)	5 Miles	Road
	?	Howling Bull	6 Miles	Off Road
Dec	?	Wye Valley Wander	5.1 Miles	Off Road
	?	Rogue Runs Night Race	5/6 Miles	Off Road

p = provisional date