

List of events (with numbers taking part) in 2016

January to June inclusive

NOTE : Park Runs are only included if they meet the performance criteria

1-Jan Princes Pk, L'pool PR (1M)
 2-Jan Delamere PR (1M)
 3-Jan Central Lancs HM (1M)
 9-Jan Cheshire CC Champs, Nantwich (7M, 3F, 1 dnf)
 16-Jan Delamere PR (1F)
 16-Jan N Wales CC League (1M)
 17-Jan 4 Villages HM (GP) (14M, 3F, 1dnf)
 22-Jan Llandegla Night MT (1M, 1F)
 23-Jan Birkenhead PR (1M)
 23-Jan Benicassion 10K, ESP (1M)
 23-Jan Cardiff PR (1F)
 24-Jan Borders League, Abergele 5 mile (21M, 6F)
 30-Jan Camelbak Big Easy Mountain Race 47km, NZ (1M)
 30-Jan Delamere PR (1M)
 30-Jan North Wales CC Champs (1M,1F)
 30-Jan Northern CC Championships, Blackburn (3M)
 30-Jan Widnes PR (1F)

 6-Feb N Wales CC, Oswestry (3F)
 7-Feb Liverpool & Dist CC, Clark Gardens (6M)
 7-Feb Southport Mad Dog 10K (1M)
 7-Feb Nick Beer 10K, Llandudno (1F)
 13-Feb Birkenhead PR (1M, 1F)
 14-Feb Village Bakery HM, Wrexham (13M, 1F)
 20-Feb Congleton PR (1F)
 20-Feb Delamere PR (1M)
 21-Feb Great NW HM, Blackpool (1M)
 27-Feb Delamere PR (1M, 1F)

 27-Feb Elnish National CC, Castle Donnington (2M)
 27-Feb Night Run 7K, Speke Hall (1F)
 28-Feb High Legh 10K (1F)
 28-Feb Oulton Park 10K (1M)

 5-Mar Delamere PR (1F)
 5-Mar Motatapu Ultra Mountain 51K, NZ (1M)
 5-Mar Nitro North 10K Trail, Moel Famau (1M, 1F)
 6-Mar Paris HM (1M)
 13-Mar Dentdale 14.2 mile (1M)
 13-Mar Knighton 20ml (was Stafford 20ml) (1M)
 13-Mar Liverpool HM (2M, 1F)
 13-Mar Trafford 10K (1M)
 15-Mar Falesia 5K, POR (1M)
 17-Mar Track 3000m, Stanney (1F)
 20-Mar Borders League 9.8K, Tattenhall (16M, 3F)
 26-Mar Llantysilio Fell Race (1F)
 27-Mar Air Products 10K, Crewe (1M)
 27-Mar Hale Village 5 mile (1M)
 27-Mar Wirral Seaside Run (2F)

3-Apr Wilmslow HM (3M, 2F)
 6-Apr Wirral AC 5000m track (2M)
 10-Apr Arley Hall 10K (2M, 1F)
 10-Apr Cheshire T&F league 3000m (6M, 1F)
 10-Apr Denbighshire 10K (1M)
 10-Apr Rotterdam Marathon (1M)
 13-Apr Chester Spring 5mile (13M, 5F, 15h)
 17-Apr Borders League, Mold 5 mile (17M, 8F)
 17-Apr Port Sunlight 10K (2M, 1F)
 17-Apr Valiants HM (1M)
 23-Apr Dealmere PR (2M)
 23-Apr Ellesmere Port PR (1M)
 23-Apr Fulham Palace PR (1F)
 24-Apr London Marathon (7M)
 24-Apr Whitley 10K, GP2 (2M)
 27-Apr Borders League 7K, Prestatyn (17M, 7F)
 27-Apr Wirral Seaside Run (1F)
 28-Apr Mid-Cheshire 5K, Kingsley, GP3 (2M)
 30-Apr Birkenhead Park PR (1F)
 30-Apr North Wales 10 mile, Wrexham (1M)

 4-May Ysgol Dinas Bran Fell Race (1M, 1F)
 7-May North of England T&F Lge (5KM, 3K S/cM, 3KF)
 10-May Thurstaston 10K MT (1M, 2h)
 10-May Wavertree Mystery 5K (1M)
 14-May Birkenhead Pk PR (1M)
 14-May Ellesmere Port PR (1M, 1F)
 15-May Chester HM (12M, 7F, 14h)
 15-May Howgills 26 mile Trail (1M)
 20-May Christleton 5K (9M, 5F)
 21-May Ellesmere Port PR (1M)
 21-May Prestatyn 5K (1F)
 22-May Great Manchester Run 10K (1F)
 26-May Dunham Park 5K (1F)
 28-May Birkenhead Park PR (1F)
 28-May Ellesmere Port PR (1M, 2F)
 29-May Liverpool 'Rock-n-Roll' marathon (1F) - only result so far!
 29-May Mynydd Myfyr Trefnen Hill Race (2M, 1F)

 1-Jun Wirral 3000m track race (3M)
 2-Jun Deestridders Off-road MT (4M)
 4-Jun Cheshire T&F League 3000m (3M)
 4-Jun Park Runs (2M, 1F)
 4-Jun Welsh 1000m Race, 19.9 miles (1M)
 4-Jun Winkle Trout MT (1M, 1F)
 5-Jun Northern T&F League, Sheffield (3K s/c 2M, 5K M 2M, 3K F 1F)
 8-Jun Birkenhead Park 5 mile (1M)
 9-Jun Bowdon 5K (1M, 1F)
 9-Jun Park Hall, Oswestry 5K (1F)
 11-Jun Isle of Skye HM (1F)
 11-Jun Park Runs (1M, 1F)
 17-Jun Tattenhall Tough Team MT race 9 miles (8M, 5F)
 18-Jun Park Runs (1M, 1F)
 19-Jun Hollins Green 5K GP (4M)
 19-Jun Mersey Tunnel 10K 2M, 1F)
 19-Jun Shrewsbury HM (1M, 1F)
 19-Jun Stone St Michaels 10K (1F)
 22-Jun Wirral Seaside Run MT (1M, 1F)
 25-Jun Park Runs (1M)
 26-Jun Colshaw Hall, Knutsford 10K GP (3M, 1F)
 26-Jun Penny Lane 10K (1M, 1F)
 29-Jun Robbie Webster Memorial Wobbler MT (5M, 2F)