

List of events (with numbers taking part) in 2016

02-Jul parkruns (2M)
03-Jul Alderley Edge Bypass 5 mile (1M, 1F)
03-Jul Northern T&F 3K S/cM; 5000mM/300mF (3M, 1F)
03-Jul Southport HM - Tour of Merseyside (1F)
04-Jul Thurstaston 6 ml MT - Tour of Merseyside (1F)
05-Jul Sustrans 10 mile MT - Tour of Merseyside (1F)
07-Jul Desstriders Off-road MT (8M)
07-Jul Otterspool 5 mile - Tour of Merseyside (1F)
08-Jul Stadt Moers 6 mile CC - Tour of Merseyside (1F)
09-Jul parkruns (2M)
09-Jul Wirral Coastal 12 mile MT - Tour of Merseyside (1F)
10-Jul Cheshire T&F League, Warrington, 3000m (2M, 3F)
14-Jul Sale Sizzler 5K (1M)
16-Jul parkruns (2M, 1F)
17-Jul Cheshire HM, Arley Hall (2M)
17-Jul Frome 10K (1M)
17-Jul Trentham 10K (1M)
20-Jul Wirral Seaside MT (1F)
23-Jul parkruns (3M)
23-Jul Dolgellau 5 mile (1F)
23-Jul Gyrn Gallop 10.6 K, Oswestry (1F)
27-Jul Green Green Grass of Home fell, Llanfynhangel (3M, 2F)
30-Jul North Wales HM, MT (2M, 1F)
30-Jul parkruns (2M, 1F)
30-Jul Push up Pincyn fell race, Ruthin (1F)
31-Jul Helena Tipping 10K, Wrexham (2F)

03-Aug Pie & Peas 5ml MT, Moulton (1M, 4F)
03-Aug Wirral 5000m track (1M)
04-Aug Deestridders Off-road (3M)
06-Aug Northern T&F League, Blackburn (3K S/c 1M, 5000M 2, 3000mF 2)
06-Aug parkruns (2M, 3F)
07-Aug Morecambe Cross Bay Challenge MT (1F)
13-Aug parkruns (4M, 1F)
14-Aug Forestburn Fell Race, Northumberland (1F)
17-Aug Ellesmere Port (Capenhurst) 5K (6M, 3F)
20-Aug parkruns (1M)
21-Aug Birchwood 10K (1M, 2F)
21-Aug Race the Train 10K MT, Twywn (1F)
25-Aug Mid Cheshire 5K (4M, 3F)
27-Aug Park Run (3M, 1F)
28-Aug Ellesmere 10K (1M)
29-Aug Cilcain Fell Race (1M, 2F)

02-Sep Deestridders Off-road MT (4M)
03-Sep Abney 5K Trail (1M)
03-Sep parkruns (4M, 4F)
04-Sep Cheshire T&F Lge, Wrexham (3M, 1F)
04-Sep Wigan 10K (1F)
06-Sep Wirral MT League, Royden Pk (9M, 3F)
09-Sep Arrows Pk 5ml MT, Wirral Tour (1F)
10-Sep DunMartin saddle 26km Hill, NZ (1M)
10-Sep parkruns (1M)
10-Sep Thurstaston 8ml MT, Wirral Tour (1F)
10-Sep North West RRelays, Delamere (5M, 6F)
11-Sep Cardiff 10K (1F)
11-Sep Great North Run (3M, 1F)
11-Sep Lake Vyrnwy HM (2M)
11-Sep Wirral HM (1M, 1F)
13-Sep Wirral MT League, Thursaston (11M, 3F, 2h)
17-Sep parkruns (3M)
18-Sep Guilden Sutton 10K (11M, 2F, 18h)
20-Sep Wirral MT League, New Brighton (11M, 4F)
24-Sep parkruns (4M, 1F)
25-Sep Macclesfield HM (GP) (1M)
25-Sep Northern RRelays, Manchester (6M, 4F)
27-Sep Auckland, O'Hagan 5K, NZ (1M)
27-Sep Wirral MT League, Arrows Pk (12M, 4F)
29-Sep Auckland YMCA 10K, NZ (1M)

July - December inclusive

01-Oct Auckland 10K, Nz (1M)
01-Oct N Staffs CC, Winsford (5M, 6F)
01-Oct parkruns (1M)
02-Oct Chester Marathon (5M, 1F)
02-Oct Chester 26.2K (1M, 1F)
02-Oct Merseyside 10K (1M)
02-Oct Sandstone Trail 27.5K (3M)
02-Oct Sandstone Trail 17K (2F)
08-Oct Park Run (1M, 1F)
09-Oct Borders League, Caernarfon 10K (15M, 9F)
09-Oct Congleton HM (1M)
09-Oct Run Winsford 10K MT (1F)
09-Oct Yorkshire 10 mile, York (1M)
15-Oct N Wales Cc (5M, 3F)
15-Oct parkruns (2M)
16-Oct Farndon 10K (1M, 3F)
16-Oct Great Birmingham Run HM (1M)
16-Oct Manchester HM (3M)
22-Oct Standish Hall 10K trail (1M, 1F)
23-Oct Clwydian Hills fell Race, 9 miles (1M)
23-Oct Flintshire 10K, Mold (1M)
29-Oct Liverpool & Dist Cc, Arrows Pk (1M)
29-Oct Mission Mt Simmons Marathon, NZ 38.5K (1M)
29-Oct N Staffs CC, Park Hall (7M, 6F)
29-Oct parkruns (1M, 2F)
29-Oct Snowdonia Marathon (1M)

02-Nov Lanzarote HM (1M, 1F)
05-Nov Lanzarote 5K (1M, 2F)
05-Nov N Wales CC, Llandudno (1F)
05-Nov parkruns (2M)
06-Nov Borders League 5ml, Chester (24M, 7F, 6h)
12-Nov Cheshire 10K, Arley Hall (1M)
12-Nov parkruns (3M, 1F)
19-Nov Mo5K, Liverpool (1M, 1F)
19-Nov parkruns (1M)
20-Nov Conwy HM (4M, 1F)
20-Nov Run Tatton HM (2M)
26-Nov Liverpool & Dist CC, Sefton Pk (6M, 1F)
26-Nov N Wales CC, Bangor (2M, 3F)

03-Dec Halewood 5K (1F)
03-Dec parkruns (1M, 1F)
04-Dec Borders Lge, Birkenhead Pk 5.5ml (20M, 6F)
09-Dec Llandegla Night MT race (1F)
10-Dec parkruns (5M)
10-Dec Welsh Inter-Regional CC (1F)
11-Dec Leek Christams Cracker MT (1M< 1F)
17-Dec N Staffs CC Lge, Stafford (5M, 6F)
17-Dec parkruns (3M, 1F)
18-Dec NW Sunday CC Lge, Arrows Pk (1M)
25-Dec parkruns (1M)
26-Dec Round the Walls, Chester (9M, 1F, 15h)
27-Dec Deeside Xmas H'cap 5K (2M, 1F)
31-Dec Bowstones Fell Race (1M, 1F)
31-Dec parkruns (1F)