

**List of events (with numbers taking part) in 2017****January to June inclusive***NOTE : Park Runs are only included if they meet the performance criteria*

7-Jan Cheshire CC Champs, Birchwood (7M, 4F)  
14-Jan N Wales CC League, Shrewsbury (2M, 3F)  
15-Jan 4 Villages HM, Helsby (18M, 5F)  
21-Jan Coed-y-Brenin MT HM (1F)  
22-Jan Borders RR League 4.4ml, Deeside (18M, 5F)  
22-Jan Inskip HM, Preston (1M)  
28-Jan North Wales CC Champs, Corwen (1F)  
28-Jan NA Cross Country Champs, Knowsley (3M, 1F)  
28-Jan Ultra Easy 100K, NZ (1M)

4-Feb N Wales CC Lge, Oswestry (7M, 3F)  
5-Feb Alsager 5 mile (1M)  
11-Feb Park Runs (2M, 1F)  
12-Feb Nick Beer 10K, Llandudno (2F)  
18-Feb Moonlight Mountain Marathon, NZ (1M)  
18-Feb Park Runs (1M, 1F)  
19-Feb North West HM, Blackpool (2M)  
19-Feb Village Bakery HM, Wrexham (11M, 3F)  
25-Feb English National CC, Nottingham (4M, 1F)  
25-Feb Speke Hall Night Run MT (1F)  
26-Feb Oulton Park HM (1M)