

List of events (with numbers taking part) in 2017**July - December inclusive***NOTE : parkruns are only included if they meet the performance criteria*

- 1-Jul parkruns (1M)
- 2-Jul Alderley Edge By-pass 10K (**Ches GP**) (2M)
- 2-Jul Cheshire T&F League, Eccles 3000m (3F, 1M)
- 2-Jul Halifax Marathon (1M)
- 2-Jul Southport HM (Tour of M'side) (2F)
- 2-Jul Wirral Ultra MT (1F)
- 3-Jul Thurstaston MT (T of M'side) (1F)
- 4-Jul Suatrans 10ml MT (T of M'side) (1F)
- 5-Jul Birchwod Ladies 5K MT (1F)
- 6-Jul Deestridders Off Road MT (3M)
- 6-Jul Red Bull 5 mile (T of M'side) (1F)
- 7-Jul Knowsley 6ml NT (T of M'side) (1F)
- 8-Jul parkruns (3M)
- 8-Jul Wirral Coastal 12ml MT (T of M'side) (1F)
- 9-Jul Lymm 10K Trail (1F)
- 9-Jul NA T&F League, Wigan(5K 2M; 3K S/c 2M); 3K 2F)
- 9-Jul We love manchester 10K (1F)
- 12-Jul Druid Fell Race (1M, 1F)
- 13-Jul Dearnford Lake MT (2M, 1F)
- 15-Jul parkruns (2M, 1F)
- 22-Jul Gyn Gallop, Oswestry (2M, 3F)
- 26-Jul Wirral Coastal 5K (1F)
- 29-Jul North Wales HM MT, Conwy (1M)
- 29-Jul parkruns (1M)
- 29-Jul Push up Pincyn 10K Fell (1M, 1F)
- 30-Jul HelenaTipping 10K, Wrexham (5M, 2F)
- 30-Jul Cheshire T&F League, Warrington 3000m (3M, 2F)

- 2-Aug Pie & Peas 5ml MT, Moulton GP (4M, 5F)
- 2-Aug Wirral Track 5000m (2M)
- 3-Aug Desstridders Off-road 5 mile (2M)
- 5-Aug NA T&F League, Sheffield (3K S/c 2M, 5K 2M, 3K 2F)
- 5-Aug parkruns (2M)
- 6-Aug Gloucester City Marathon (2M)
- 12-Aug parkruns (1M)
- 15-Aug Kranjska Gora 10K, Slovenia (1M, 1F)
- 16-Aug Capenhurst 5K (8M, 1F)
- 19-Aug parkruns (2M)
- 19-Aug Race the train 14 mile, Tywyn (3M)
- 20-Aug Birchwood 10K (1M, 1F)
- 20-Aug Lancaster Riverside HM (1M)
- 24-Aug Mid-Cheshire 5K, Race 2 (6M, 3F)
- 27-Aug Dream Trail 10K MT, St Helens (1F)
- 27-Aug Ellesmere 10K (1M)
- 28-Aug Cilcain 'Moel Famau' Fell Race (2M)
- 30-Aug Wirral Seaside Run (1F)