List of events (with numbers taking part) in 2011

01-Jan	Brown Willy FR, Bodmin (1M,1F)
01-Jan	Cyrn-y-Brain FR, Llandegla (1M,1F)
02-Jan	Manchester CC League (1M)
08-Jan	Cheshire CC Champs (6M, 3F)
09-Jan	Helena Tipping 10K (3M, 2F)
15-Jan	Twin Piers 10K, Colwyn Bay (1F)
23-Jan	4 Villages HM, Helsby [GP] (14M, 12F)
23-Jan	Telford 10K (1M)
29-Jan	Northern CC, Sunderland (4M)
30-Jan	Nice-Monaco HM (1M)
05-Feb	N Wales CC League (2M,1F)
06-Feb	Alsager 5 mile (2M)
06-Feb	Liverpool & Dist CC Champs (3M)
06-Feb	Southport Mad Dog 10K (1M)
12-Feb	Parbold Hill Race (1M)
13-Feb	Borders League 9.4km (17M,4F, 7h)
13-Feb	Nick Beer 10K, Llandudno (1M)
19-Feb	English National CC (4M)
27-Feb	Great NW HM, Blackpool (1M)
27-Feb	Village Bakery HM, Wrexham (7M, 1F)
05-Mar	Inter-County CC (1M)
06-Mar	Ellesmere HM (1M)
06-Mar	Paris HM (1M)
06-Mar	Wirral Seaside 4.9K (1M)
13-Mar	Borders League 5.2ml (13M,7F)
13-Mar	Milton Keynes HM (1F)
13-Mar	Trafford 10K (1M)
15-Mar	Falesia 5k, POR (3M)
19-Mar	Ras-yr Alan Fell Race (1M)
25-27 Mar	Jurassic Coast MT 3 Marathons (1M)
27-Mar	Borders League 4.5ml (7M, 4F)
27-Mar	Liverpool HM (4M, 2F)
27-Mar	Wilmslow HM [GP] (1M)
03-Apr	Alexandra Pk, M/c 5K (1M)
06-Apr	Chester Spring 5 ml (15M,10F,17h)
09-Apr	Llantysilio Fell Race (1M)
10-Apr	Aintree 10K (1M)
10-Apr	Air Products 10K, Crewe [GP] (5M)
10-Apr	Sandstone Trail 10K MT (1M,2F)
17-Apr	Cholmondeley 10K MT (3M)
17-Apr	London Marathon (6M,3F)
17-Apr	40K Trail, France (1M)
20-Apr	Wirral Track Endurance Race 3K (1M)
22-Apr	Salford 10K (2M)
22-Apr	Southport 4 mile (1M)
24-Apr	Runcorn Bridge 5 ml [GP] (3M)
24-Apr	Whitemoor 10K, St Austell (1M)
27-Apr	Borders League, Wrexham (14M, 4F)

01-May	Red Kite Challenge MT (1M)
03-May	Wirral Seaside Run 4.9K (1M)
04-May	Castell Dinas Bran MT (2M)
06-May	Christleton 5K (8M, 3F)
07-May	Northern League 5K track(1M)
08-May	Llanfynhangal Loop Fell (2M)
08-May	Market Drayton 10K (1M)
10-May	Thurstaston MT (4M, 2h)
14-May	Cheshire T&F Champs 3K (1M)
15-May	Chester half-marathon (11M, 8F, 25h)
18-May	Wirral Track Endu - 5K (1M)
22-May	Edinburgh HM (1F)
22-May	Sandstone Challenge MT (4M)
27-May	Dunham Massey 5K (2M, 1F)
30-May	Mynydd Myfyr Fell (1M,1F)
02-Jun	Deestriders Off-road - 1 (10M, 1F)
04-Jun	Hollins Green 5K (1M)
04-Jun	Northern League 5K track(1M)
05-Jun	Alexandra Pk 5K, M/c (1M)
05-Jun	Croxteth Park 10K (1M)
08-Jun	Birkenhead Pk 5 mile (1M)
09-Jun	Bowdon 5K (1M)
09-Jun	Park Hall, Oswestry 5K (2M, 1F)
11-Jun	Man vs. Horse Fell (1M)
12-Jun	Mersey Tunnel 10K (4M)
17-Jun	Dunham Massey 5K - 2 (3M, 1F)
19-Jun	BMAF 5K road, Horwich (1M)
23-Jun	Warrington RR 10K (2M)
24-Jun	Tattenhall Tough Team MT (8M,2F)
25-Jun	Lymm 5K (GP) (3M)
03-Jul	City of Manchester 10K (1m)
03-Jul	Penny Lane Striders 10K (3M, 1F)
03-Jul	Northern League 5K track(1M)
06-Jul	Cat & Fiddle Relay (1M)
07-Jul	Deestriders Off-road - 2 (8M)
14-Jul	Wizard 5ml MT, Alderley (1M)
16-Jul	Burtonwood 5 ml (2M)
20-Jul	Sefton Park 5 ml (1M)
30/31 Jul	Lake District Ultra 100 mile (1M)
03-Aug	Pie & Peas 5mile MT [GP], (3M,2F)
03-Aug	Wirral Seaside Run 4.9K (2M)
04-Aug	Deestriders Off-road MT (8M, 1F)
05-Aug	Gobowen 5 mile (1F)
07-Aug	Sale 10 mile (1M)
14-Aug	Ellesmere 5K MT (1F)
14-Aug	Great Warford 10 mile (1M)
14-Aug	Northern League 5K track(1M)
14-Aug	NVAC 10K Blackpool (1M)
17-Aug	Delamere 10K Trail (1M, 1F)
21-Aug	Birchwood 10K (3M)
21-Aug	Winsford 10K MT (1M)
24-Aug	Capenhurst 5K (4M, 1F)
28-Aug	Ellesmere 10K (3M, 1F)
29-Aug	Cilcain Fell Race (1M, 1F)

01-Sep	Deestriders Off Road MT (7M, 1F)
04-Sep	Cheshire League 3K (1M)
04-Sep	Lake District Fell (1M)
06-Sep	Wirral MT League -1 (9M,3F)
10-Sep	Northern League 5K track(2M)
11-Sep	Lake Vrynwy HM (4M)
13-Sep	Wirral MT League -2 (9M,2F)
18-Sep	Great North Run HM (3M, 1F)
18-Sep	Hoylake 10K MT (1M)
18-Sep	Sutton 6 10K [GP] (10M, 2F, 14h)
20-Sep	Wirral MT League - 3 (9M, 2F, 2h)
24-Sep	Lancaster 5K (1M)
25-Sep	Macclesfield half-marathon (1M)
27-Sep	Wirral MT League - 4 (10M, 1F)
30-Sep	Atlantic Coast Challenge (1M, 1F)
01-Oct	Atlantic Coast Challenge (1M)
01-Oct	N Wales XC, Bangor (1M, 1F)
02-Oct	Atlantic Coast Challenge (1M)
02-Oct	Sandstone Trail - short (4M, 3F)
02-Oct	Sandstone Trail - long (1M)
02-Oct	Southport 10K (1M)
02-Oct	Wirral Seaside 4.9K (1M)
08-Oct	N Staffs XC, Winsford (5M, 1F)
09-Oct	Chester Marathon (7M,4F)
09-Oct	Flintshire 10K (2F)
15-Oct	10K Trail, Woolmer (1M)
16-Oct	Borders League 5.1ml, Prestatyn (13M,6F)
22-Oct	Frimley Lodge PR 5K MT(!M, 1F)
22-Oct	N Wales XC, Llandudno (4M, 1F)
23-Oct	Peter Driver Mem 10K, Fleet (1M, 1F)
29-Oct	N Staffs XC, Oswestry (5M, 1F)
29-Oct	Snowdonia Marathon (1M)
30-Oct	Gt South 10 mile, Portsmouth (1F)
05-Nov	Frimley Pk 5K PR MT(1M)
06-Nov	Abergele 5 mile (2M, 1F)
06-Nov	Dovedale Dash MT (1M)
12-Nov	Frimley Pk 5K PR MT(1M)
12-Nov	N Wales XC, Llandudno (5M, 1F)
13-Nov	Borders League 5.5ml, Birkrnhead Pk (14M,7F)
13-Nov	Manchester Area CC Lg, St Helens (1F)
18-Nov	Pembokeshire Coastal Marathon (1M)
19-Nov	N Staffs XC, Stafford (3M, 1F)
19-Nov	Pembrokeshire Coastal Marathon (1M)
19-Nov	Princes Pk, L'pool 5K Park Run (1M)
20-Nov	Conwy HM (1M)
20-Nov	Pembrokeshire Coastal Marathon (1M)
20-Nov	Preston 10 mile (2M)
26-Nov	BMAF Home Countries CC (1M)
26-Nov	Frimley Pk 5K PR MT(1M, 1F))
26-Nov	Liverpool & Dist XC, Sefton Pk (3M)
03-Dec	Manchester Area CC Lg (1F)
04-Dec	Helena Tipping 10K, Wrexham (4F, 1F)
10-Dec	Liverpool & Dist XC League, sefton Pk (1M)
10-Dec	N Staffs XC, Leek (5M, 2F)
11-Dec	Stockport 10 mile (1M)
12-Dec	Borders League, Tattenhall, 6.15ml, (18M, 3F)
17-Dec	Frimley Pk 5K PR MT (1m,1F)
18-Dec	Thames Valley CC Champs, Woking (1M)
24-Dec	Frimley Pk 5K PR MT (1m,1F)
25-Dec	Frimley Pk 5K PR MT (1m,1F)
26-Dec	Round the Walls, Chester 5ml MT (4M, 2F, 9h)