List of events (with numbers taking part) in 2013

JANUARY to JUNE

01-Jan	Princes Pk, L'pool 5K PR (2M)
05-Jan	Cheshire CC Champs, Nantwich (7M)
05-Jan	Princes Pk, L'pool 5K PR (1M)
12-Jan	North Wales CC League, Telford (1M)
12-Jan	Princes Pk, L'pool 5K PR (1M)
12-Jan	Walt Disney half-marathon (1M)
13-Jan	Borders RRL, Birkenhead Pk 5.5ml (16M, 1F)
13-Jan	Manchester CC League (1M)
13-Jan	Walt Disney Marathon (1M)
19-Jan	Twin Piers 10K, Colwyn Bay (1M)
26-Jan	Northern CC Champs, Knowsley (4M)
27-Jan	Marakech half-marathon (1M, 1F)
27-Jan	Chernobyl 10K, Preston (1F)
	(Total 40 runs; 37M, 3F)
02-Feb	North Wales CC League, Oswestry (3M)
02-Feb	Princes Pk, L'pool 5K PR (1M)
03-Feb	Alsager 5 mile (1M)
03-Feb	Borders League 5ml, Holyhead (10M, 2F)
7-10 Feb	Quadzilla 4 marathons, Milton Keynes (1Fx4)
09-Feb	Hell in the Middle MT, Stoke (1F)
09-Feb	Princes Pk, L'pool 5K PR (1M)
10-Feb	Liverpool & Dist CC Champs (2M)
10-Feb	Manchester CC League, Stockport (1M)
10-Feb	Nick Beer 10K, Llandudno (1M)
10-Feb	Southport Mad Dog 10K (1M)
16-Feb	Parbold Hill Race (1M)
16-Feb	Princes Pk, L'pool 5K PR (1M)
17-Feb	Village Bakery HM, Wrexham (7M)
23-Feb	English National CC Champs, Sunderland (3M)
23-Feb	Princes Pk, L'pool 5K PR (1M)
24-Feb	Gt NW HM, Blackpool (1F)
	(Total 42 runs, 34M, 8F)
02-Mar	Delamere 5K PR (2M, 1F)
02-Mar	Princes Pk, L'pool 5K PR (1M)
03-Mar	Haweswater HM (1M)
03-Mar	Pitsford Water Marathon (1F)
09-Mar	Inter-Counties CC Championships (1M)
09-Mar	Delamere 5K PR (1M)
09-Mar	GroundHog Track Marathon, Telford (1F)
09-Mar	Nitro North Trail 6K, N Wales (1F)
09-Mar	Princes Pk, L'pool 5K PR (1M)
10-Mar	Bolton Hill Marathon (1F)
10-Mar	Newton's Fraction HM, Grantham (1M)
10-Mar	Stafford 20 mile (1M)
10-Mar	Trafford 10K, Partington (2M)
16-Mar	BMAF CC Championships, Sunderland (1M)
16-Mar	Princes Pk, L'pool 5K PR (1M)
16/17 Mar	Gin Pit Double Marathon (1Fx2)
17-Mar	Liverpool HM (5M, 1F)
17-Mar	Lytham 10 Mile (NVAC Ch) (1M)
17-Mar	Vale of Clwyd 10K, Denbigh (3M)
19-Mar	Falesia 5K, POR (4M)
24-Mar	Wilmslow HM (1M)
29-Mar	Broadmeadow Marathon (1F)
29-Mar	Salford Good Friday 10K (1M)
30-Mar	Delamere 5K PR (2M)
30-Mar	Llandudno Easter 5K (2M)
30-Mar	Princes Pk, L'pool 5K PR (1M)
30-Mar	Rivington Pike Fell Race (1M)
30/31 Mar	Round Reservoirs Double Marathon (1Fx2)
31-Mar	Air Products 10K, Crewe **GP1 (**4M, 1F)
31-Mar	Runcorn Bridge 5 mile (4M)
	(Total 54 Runs, 42M,12F)
03-Apr	Chester Spring 5 mile (11M,2F,14h)
06-Apr	Delamere 5K PR (5M)
07-Apr	Blackpool Marathon (1F)
07-Apr	Wrexham 10K (1M)
10-Apr	Borders League 5.6ml (19M, 2F0
13-Apr	Delamere 5K PR (2M)
13-Apr	Princes Pk, L'pool 5K PR (2M)
14-Apr	Cheshire 5K, Crewe (1M)
14-Apr	Lymm 10K MT (2M)
14-Apr	Sandstone MT (4M)
14-Apr	Whitley 10K (1M)
14-Apr	Worcester Marathon (1F)
17-Apr	Wirral Track 5000m (1M)
18-Apr	Mobberley 5ml MT (1M)
20-Apr	Princes Pk, L'pool 5K PR (2M)
21-Apr	Cheshire T&F League 3000m (1M,1F)
21-Apr	London Marathon (5M, 1F)
24-Apr	Borders League 4ml, Wrexham (11M, 2F)
24-Apr	Wirral Seaside Run (1M)
27-Apr	Delamere 5K PR (6M)
27-Apr	Newcastle-u-Tyne PR (1M)
27-Apr	Princes Pk, L'pool 5K PR (1M)
27-Apr	N Wales 10 mile, Wrexham (1M)
28-Apr	Ormskirk 10K (1M)
28-Apr	Shakespeare Marathon (1F)
28-Apr	Snowdonia HM (1M)
	(Total 92runs, 81M, 11F)
04-May	Delamere PR (4M)
04-May	Princes Pk, L'pool PR (2M)
05-May	Liverpool Sprimg 10K (3M)
05-May	NA T&F League, IoM 5K, 3K & 3KS/c (2M x 2, 2F)
06-May	Belfast City Marathon (1F)
11-May	Cheshire T&F Champs, 3K (1M)
11-May	Delamere PR (1M)
11-May	Lost Lake 50K Trail, USA (1M)
11-May	Princes Pk, L'pool PR (2M)
12-May	Chester HM (17M, 7F, 18h)
12-May	Market Drayton 10K (1M)
14-May	Thurstaston MT, Wirral (2M, 4h)
17-May	Christleton 5K (10M, 5F)
18-May	Delamere PR (4M)
18-May	Excalibur Off-road marathon, Clwyds (1F)
18-May	Princes Pk, L'pool PR (2M)
18-May	Port Sunlight 10K (2M)
18-May	Windermere Marathon (1F)
18-May	Worden Pk 10K, Leyland (1M)
19-May	Cheshire T&F League, Trafford 3000m (1M, 1F)
24-May	Dunham Massey 5K (2M)
25-May	Delamere 5K PR (1M)
25-May	Princes Pk, L'pool PR (1M)
25-May	South Manchester 5K PR (1M)
26-May	Edinburgh Marathon (1F)
27-May	Mynydd Fill Race, Oswestry (1M)
27-May	Southport Sangrinder 10K (2M)
30-May	Roseberry Topping Fell, N Yorks (1M)
	(Total 84 runs, 63M, 21F)
01-Jun	Delamere 5K PR (3M)
01-Jun	Princes Pk, L'pool 5K PR (1M)
01-Jun	St Albans 5K PR (1M)
05-Jun	Birkenhead Park 5 mile (1M)
06-Jun	Deestriders Off-road 5 - 1 (5M)
08-Jun	Delamere 5K PR (4M)
08-Jun	Princes Pk, L'pool 5K PR (2M)
09-Jun	Alternative Manchester 10K MT (1M)
09-Jun	Mersey Tunnel 10K (6M)
09-Jun	Phucket Marathon, Thailand (1F)
09-Jun	NA T&F League, Trafford 5K, 3K & 3KS/c (1M x 2, 1M, 2F)
11-Jun	Up the Beast Fell (1M)
12-Jun	Park Hall 5K, Oswestry (2M)
13-Jun	Dunham Massey 5K (3M)
15-Jun	Delamere 5K PR (3M, 2F)
15-Jun	Holly Challenge Marathon (1F)
15-Jun	Princes Pk, L'pool 5K PR (1M)
16-Jun	Ellesmere Port 10K (10M, 3h)
19-Jun	Hot Foot up Famau Fell (1M)
20-Jun	Warrington RR 10K (1M)
21-Jun	Tattenhall Tough Team 9 mile MT (4M, 2F)
22-Jun	Delamere 5K PR (3M, 1F)
22-Jun	Enigma back to Front Marathons, Milton Keynes (1F x 2)
22-Jun	Princes Pk, L'pool 5K PR (2M)
22-Jun	Lymm 5K (GP2) (1M)
23-Jun	Oldham Milltown 10K (1M)
23-Jun	Shrewsbury Marathon (1F)
26-Jun	Wirral Seaside Run (1M)
29-Jun	Delamere 5K PR (3M)
29-Jun	Princes Pk, L'pool 5K PR (1M)
30-Jun	Coombe Abbey Marathon MT (1F)
30-Jun	Penny Lane 10K (5M)
	(Total Runs 83, 70M, 13F)

List of events (with numbers taking part) in 2013

04-Jul	Deestriders Off-Road 5ml (8M)
06-Jul	Delamere PR (7M)
06-Jul	Princes Pk, L'pool PR (1M)
06-Jul	Summer Enigma Marathon (1F)
06-Jul	Summer Enigma Ultra 30ml (1F)
07-Jul	Fairy Freckled Cow Trail (1M)
07-Jul	Leigh Legacy 10K MT (1M)
07-Jul	NA T&F League, L'pool(5KM; 3K S/c M; 3K F)
07-Jul	RAF Shawbury Airfield 10K (1F)
07-Jul	Summer Enigma Reverse Marathon (1F)
10-Jul	Offerton 10K, Stockport (1M)
13-Jul	Broadmeadow Marathon MT (1F)
13-Jul	Delamere PR (5M, 1F)
13-Jul	Princes Pk, L'pool PR (1M)
14-Jul	Cheshire T&F League, Colwyn Bay (3K 1M)
17-Jul	Druid Fell R (1M)
18-Jul	Sale Sizzler 5K (1M)
20-Jul	Burtonwood 5 mile (Ches GP) (5M, 2F)
20-Jul	Delamere PR (1M, 2F)
20-Jul	Princes Pk, L'pool PR (2M)
21-Jul	Arley Hall HM (2M)
21-Jul	Blackpool Summer 10K (1M)
21-Jul	Moonraker 10K, Middleton (1M)
24-Jul	Green Green Grass of Home Fell R (1M)
26-Jul	South Cheshire 5K, Crewe (1M)
27-Jul	Delamere PR (6M, 1F)
27-Jul	Push up the Pincyn Fell R (2M)
27-Jul	Summer Round Resers Marathon 1(1F)
28-Jul	Summer Round Resers Marathon 2 (1F)
31-Jul	NVAC 5000m track champs (1M)
01-Aug	Deestriders Off-road - 3 (4M)
01-Aug	Sale Sizzler 5K - 3 (1M)
03-Aug	NA T&F League, M/c (3K S/c (2M), 5K (2M), 3K (1F)
03-Aug	Delamere 5K PR (2M)
03-Aug	Princes Pk, L'pool 5K PR (2M)
04-Aug	North Wales HM MT (1M)
04-Aug	Stockport Legacy 10K MT (1M)
07-Aug	Pie & Peas 5ml MT **(GP)** (4M, 1F)
10-Aug	Delamere 5K PR (5M)
10-Aug	Oxford 5K PR (1M)
11-Aug	Badger Trail MT, Preston (1M)
11-Aug	Gt Warford 10 ml (GP & County Ch) (2M, 1F)
11-Aug	Pondersoa Hill Race (2M)
14-Aug	Wirral Track 5000m (1M)
15-Aug	Sale Sizzler 5K - 4 (2M)
17-Aug	Delamere 5K PR (3M, 1F)
17-Aug	Enigma Gold Marathon (1F)
17-Aug	Princes Pk, L'pool 5K PR (2M)
18-Aug	Birchwood 10K (7M)
18-Aug	Enigma Reverse Marathon (1F)
21-Aug	Capenhurst 5K (9M)
24-Aug	COD run to Castle 40 mile Ultra (1F)
24-Aug	Delamere 5K PR (3M)
24-Aug	Princes Pk, L'pool 5K PR (1M)
25-Aug	Ellesmere 10K (3M, 2F)
31-Aug	Delamere 5K PR (3M, 1F)
31-Aug	Princes Pk, L'pool 5K PR (1M)
? Aug	Tegg's Nose Fell Race (1M)

JULY to OCTOBER

01-Sep	Wolverhampton Marathon (1F)
03-Sep	Wirral MT League - 1, Royden Pk (7M)
5-8 Sep	Great Barrow 4 marathon Challenge, Suffolk (1Fx4)
06-Sep	Deeside Off-Road MT - 4 (4M)
07-Sep	Abney Pk, Cheadle 5K MT (1M)
07-Sep	NA T&F Promotion Mtch, Doncaster (3Ks/c 1M; 3K - 2F)
07-Sep	Princes Pk 5K PR (1M)
08-Sep	City of Salford 10K (1M)
08-Sep	English HM, Warrington (2M)
10-Sep	Wirral MT League - 2,Thurstaston (7M, 5h)
11? Sep	Robbie Webster Wobbler 8.4K (2M)
14-Sep	Delamere 5K PR (1M)
14-Sep	Princes Pk 5K PR (1M)
15-Sep	Great North Run HM (3M, 1F)
15-Sep	Green Chain Marathon, Eltham (1F)
15-Sep	Guilden Sutton 6 10K (GP) (8M, 12h)
15-Sep	Lake Vyrnwy HM (3M, 2F)
17-Sep	Wirral MT League - 3, New Brighton (9M)
21-Sep	Delamere 5K PR (2M, 1F)
21-Sep	Great Langdale Marathon (1F)
21-Sep	Princes Pk 5K PR (2M)
22-Sep	Run Winsford 10K MT (1M, 2F)
22-Sep	Seaside 10K, Southport (2M)
22-Sep	Stockport 10K (1M)
24-Sep	Wirral MT LeaGUE - 4, Arrowe Park (9M)
28-Sep	Delamere 5K PR (2M, 1F)
28-Sep	N Staffs CC, Winsford (3M)
29-Sep	Berlin Marathon (1F)
29-Sep	Cheshire 10K, Arley Hall (2M)
29-Sep	Sandstone Trail (Long) (2M, 1F)
29-Sep	Sandstone Trail (Short) (2M, 2F)
?Sep	Shropshire Mud Run 10K (1F)
05-Oct	Delamere 5K PR (2M, 2F)
05-Oct	North Wales XC, Bangor (3M)
05-Oct	Princes Pk 5K PR (1M)
06-Oct	Chester Marathon (4M, 1F)
06-Oct	Congleton HM (GP) (1M)
06-Oct	Congleton Quarter Marathon (1F)
06-Oct	Ormskirk 10K (1M)
12-Oct	Delamere 5K PR (2M)
12-Oct	Princes Pk 5K PR (2M)
13-Oct	Wirral HM (2M, 1F)
19-Oct	Delamere 5K PR (2M, 2F)
19-Oct	Manchester CC League, Heaton Pk (1F)
19-Oct	North Wales XC, Colwyn Bay (3M)
20-Oct	Farmers Arms 10K, Parbold (1M)
20-Oct	Sandbach 10 MT (1M)
26-Oct	Delamere 5K PR (4M, 1F)
26-Oct	Liverpool & Dist CC, Arrowe Pk (2M)
26-Oct	North Staffs XC League, Stafford (3M)
26-Oct	Princes Pk 5K PR (1M)
26-Oct	South Manchester 5K PR (1M)
27-Oct	Accrington 10K (1M)
27-Oct	Jedburgh 10K (1F)
27-Oct	NW Sunday CC League (1M)
27-Oct	Strh Cheshire Halloween MT (1M)
29/30/31 Oct	3 Lakes Enigma Challenge (3x marathon) (1F)

List of events (with numbers taking part) in 2013

02-Nov	COD RC Pumpkin Marathon, Telford (1F)
02-Nov	COD RC Spooky Marathon, Telford (1F)
02-Nov	Hell up North MT, Delamere (1F)
02-Nov	Princes Pk 5K PR (2M)
03-Nov	Ultra Montane Marathon, Rivington (1F)
03-Nov	Wheelton Thro' Villages 8.4 mile (1M)
09-Nov	Delamere 5K PR (4M, 1F)
09-Nov	Enigma Fireworks Marathon - 1 (1F)
09-Nov	Princes Pk 5K PR (2M)
10-Nov	Enigma Fireworks Marathon - 2 (1F)
10-Nov	NW Sunday CC League (1M)
16-Nov	Delamere 5K PR (2M, 1F)
16-Nov	North Staffs CC League - 3 (3M)
16-Nov	Princes Pk 5K PR (1M)
16-Nov	Sth Manchester 5K PR (1M)
17-Nov	Borders League 9.8K, Tattenhall (21M, 2F)
17-Nov	Leeds Abbey Dash 10K (1M)
20-24 Nov	Bolton Hill Marathon (5 days) (1F x 5)
23-Nov	Delamere 5K PR (3M, 1F)
23-Nov	North Wales CC League, Wrexham (3M)
23-Nov	Princes Pk 5K PR (1M)
24-Nov	Conwy HM (6M)
30-Nov	Delamere 5K PR (1M, 1F)
30-Nov	North Staffs CC League - 4 (3M)
30-Nov	Princes Pk 5K PR (1M)
30-Nov	Sth Manchester 5K PR (1M)
01-Dec	Lancaster Marathon (1F)
01-Dec	N Vets H'cap, Leigh (1M)
01-Dec	NW Sunday CC League, Arrow Pk (1M)
01-Dec	Ulverston Xmas Pud 10K (1M)
07-Dec	Delamere 5K PR (4M, 1F)
07-Dec	Manchester CC League, St Helens (1F)
07-Dec	Princes Pk 5K PR (1M)
07-Dec	Sth Manchester 5K PR (1M)
7/8 Dec	Broadmoor Christmas double marathon (1Fx2)
08-Dec	Stockport 10 milke (2M)
08-Dec	Tatton Park Yuletide Yomp MT (1F)
?? Dec	Delamere Nightrunner (1M,1F)
14-Dec	Delamere 5K PR (1M)
14-Dec	Princes Pk 5K PR (2M)
14/15 Dec	Enigma Christmas double marathon (1Fx2)
15-Dec	Borders League 5.5ml, Wigg Is, Runcorn (20M, 2F
21-Dec	Delamere 5K PR (2M, 1F)
21-Dec	Princes Pk 5K PR (1M)
22-Dec	Portsmouth Waterside Marathon MT (1F)
26-Dec	Round the Walls, Chester (11M, 15h)
28-Dec	Delamere 5K PR (2M)
28-Dec	Marlay Pk, Dublin PR (1F)
28-Dec	Princes Pk 5K PR (1M)
28-Dec	Sth Manchester 5K PR (1M)
29-Dec	NW Sunday CC League CC (1M)
29-Dec	Orrell marathon (1F)
31-Dec	Liverbird Double Marathon - Day 1 (1F)