List of events (with numbers taking part) in 2015

2-Jul	Deestriders Off-Road (5M, 1F)
4-Jul	Ellesmere Port PR (3M, 1F)
5-Jul	Cheshire T&F League 3K (1M, 1F)
5-Jul	Southport HM- Tour of M/side (1M, 1F)
6-Jul	Thurstaston MT- Tour of M/side (1F)
7-Jul	Sustrans 10ml trail - Tour of M/side (1F)
8-Jul	Wirral 10,000m track (1M)
9-Jul	Hale 5 mile - Tour of M/side (1F)
9-Jul	Sale Sizzler 5K (1M)
10-Jul	Knowsley CC - Tour of M/side (1F)
11-Jul	Delamere PR (3M)
11-Jul	Ellesmere Port PR (4M)
11-Jul	Penrhyn PR, Bangor (1F)
11-Jul	Wirral Coastal MT - Tour of M/side (1F)
12-Jul	NA T&F League Ellesmere Port (3K S/c (1M); 5K (2M); 3K (2F)
18-Jul	Delamere PR (1F)
18-Jul	Ellesmere Port PR (3M)
22-Jul	Sefton Pk 5 mile (1F)
23-Jul	Sale Sizzler 5K (1M, 1F)
25-Jul	Birkenhead PR (1M)
25-Jul	Delamere PR (2M, 3F)
25-Jul	Ellesmere Port PR (5M, 1F)
25-Jul	Penrhyn PR, Bangor (1F)
1-Aug	Druridge Bay PR, Northumberland (1F)
1-Aug	Ellesmere Port PR (1M, 1F)
1-Aug	Halewood 5K (1F)
2-Aug	Cheshire T&F League 3K (1F)
5-Aug	Pie & Peas MT 5 mile **GP4** (3M, 2F)
6-Aug	Deestriders Off-Road (3M, 1F)
6-Aug	Sale Sizzler 5K (1M)
8-Aug	Ellesmere Port PR (1M)
8-Aug	NA T&F League, Ormskirk (3K S/c 2M, 5K 2 M)
15-Aug	Birlenhead Park PR (1M)
15-Aug	Edinburgh PR (1M, 1F)
15-Aug	Ellesmere Port PR (3M, 1F)
19-Aug	Capenhurst 5K (4M, 1F)
22-Aug	Congleton PR (1M)_
22-Aug	Delamere PR (2F)
22-Aug	Ellesmere Port PR (1M, 2F)
22-Aug	NA T&F Promotion Match, Doncaster (3K S/c 1M, 5K 1M, 3K 2F)
22-Aug	Penrhyn, Bangor PR (1M, 1F)
23-Aug	Birchwood 10K (3M, 1F)
26-Aug	Wirral Seaside 5K (1M, 1F)
29-Aug	Darlington South PR (1M, 1F)
29-Aug	Delamere PR (2M)
29-Aug	Ellesmere Port PR (4M, 1F)
29-Aug	Woodley PR (1F)
30-Aug	Ellesmere 10K (3M, 1F)
31-Aug	Moel Famau Fell Race (2M)
1-Sep	Wirral MT 1, Thurstaston (9M, 1F, 3h)
4-Sep	Desstriders Off-road - 4 (5M, 1F)
5-Sep	Conwy PR (1F)
5-Sep	Delamere PR (2M)
5-Sep	Ellesmere Port PR (1F)
6-Sep	Caernarfon 10K (1F)
6-Sep	Cheshire T&F League 3000m (5M, 2F)
6-Sep	Sandbach Striders 10K MT (1M)
6-Sep	Wigan 10 K (1F)
8-Sep	Wirral MT 2, Royden Pk (9M, 2F)
11-Sep	Arrowe Park 5ml - Wirral Tour (1F)
12-Sep	Cheshire Road Relays, Ormskirk (8M,5F)
12-Sep	Delamere PR (1F)
12-Sep	Ellesmere Port PR (3M)
12-Sep	Thurstaston Beach MT - Wirral Tour (1F)
13-Sep	Great North Run HM (2M)
13-Sep	Lake Vyrnwy HM (4M)
13-Sep	Wirral HM - Wirral Tour (3M, 1F)
13-Sep	World Masters Mountain Running Ch (1M)
15-Sep	Wirral MT 3, Harrison Drive (8M)
16-Sep	Moel Siabod Summit Fell Race (1M)
19-Sep	Delamere PR (1F)
19-Sep	Ellesmere Port PR (1M, 1F)
20-Sep	Sutton Six 10K **(Ches GP 5)** (11M, 3F, 12h)
20-Sep	Swansea 10K (Welsh Champs) (1F)
22-Sep	Wirral MT 4, Arrowe Park (9M, 1F)
26-Sep	Delamere PR (1M)
26-Sep	Ellesmere Port PR (2M, 1F)
26-Sep	Fountains Abbey PR (1F)
26-Sep	North Staffs CC Lge, Winsford (4M, 2F)
27-Sep	Natterjack Seaside 10K, Southport (1M)
27-Sep	Sandstone Trail A race 27.5K (4M)
27-Sep	Sandstone Trail B race 17K (1F)
27-Sep	Vancouver 10K (1M)
27-Sep	Wirral Seaside 5K (1F)

July - December inclusive

3-Oct	Birkenhead Park PR (1M)
3-Oct	Delamere PR (2M, 1F)
3-Oct	Ellesmere Port PR (1M)
3-Oct	N Wales CC Lge, Bangor (2M, 1F)
4-Oct	Chester Marathon (2M, 2F)
4-Oct	Chester 26.2 Km (3M, 1F)
4-Oct	Congleton HM **GP6** (1M)
10-Oct	Birkenhead Park PR (1M)
10-Oct	Delamere PR (1M, 1F)
10-Oct	Ellesmere Port PR (1M)
10-Oct	Manchester CC League (2M)
11-Oct	Borders RR League 5ml, Capenhurst (26M, 7F)
11-Oct	Victoria HM, Canada (1M)
17-Oct	Birkenhead Park PR (1M)
17-Oct	Ellesmere Port PR (4M, 1F)
17-Oct	N Wales CC Lge, Llandudno (1M, 2F)
18-Oct	Farndon 10K (8M, 4F)
24-Oct	Birkenhead Park PR (1F)
24-Oct	Ellesmere Port PR (1M)
24-Oct	N Staffs CC Lge, Stafford (3M, 2F)
25-Oct	Flintshire 10K, Mold (3M)
25-Oct	Halloween Hellraiser 8.8ml MT, Crewe (1M)
25-Oct	Wirral Seaside 5K (1F)
31-Oct	Delamere PR (1M, 2F)
31-Oct	Edinburgh PR (1M)
31-Oct	Ellesmere Port PR (4M, 1F)
1-Nov	Dovedale Dash (1F)
7-Nov	Cheshire 10K, Arley Hall (1M)
7-Nov	Congleton PR (1M, 1F)
7-Nov	Ellesmere Port PR (1M)
7-Nov	Langley 7 mile **GP7** (1F)
7-Nov	Queen Charlotte Trail 19.5km, NZ (1M)
8-Nov	Borders League 5.5 mile, Birkenhead Pk (25M, 5F)
14-Nov	Copenhagen PR, DEN (1F)
14-Nov	Delamere PR (1M)
14-Nov	Ellesmere Port PR (3M)
14-Nov	North Staffs CC (2M, 1F)
21-Nov	Delamere PR (1M, 1F)
21-Nov	Ellesmere Port PR (2M, 1F)
21-Nov	Woodbank, Stockport PR (1F)
22-Nov	Conwy HM (3M, 1F)
28-Nov	Delamere PR (1M)
28-Nov	Ellesmere Port PR (1M)
28-Nov	Liv & Dist CC, Sefton Pk (3M, 2F)
28-Nov	N Wales CC, Mold (1F)
28-Nov	Stretford PR (2M, 1F)
29-Nov	Cheddleton Xmas Pud 10K (1M)
5-Dec	Ellesmere Port PR (1M)
6-Dec	Borders League, Caernarfon (16M, 5F)
12-Dec	Delamere PR (1M, 1F))
12-Dec	Ellesmere Port PR (1M)
12-Dec	Liverpool & Dist CC, Stadt Moers (1M)
12-Dec	North Staffs CC (3M, 2F)
12-Dec	Welsh Inter-Region CC, Builth Wells (1F)
19-Dec	Delamere PR (1F)
19-Dec	Ellesmere Port PR (5M, 2F)
20-Dec	Staffs Moorlands Xmas Cracker MT, 8 miles (1M, 1F)
25-Dec	Delamere PR (1M, 1F)
26-Dec	Delamere PR (4M)
26-Dec	Ellesmere Port PR (1M)
26-Dec	Shanganagh PR, Dublin (1F)
27-Dec	Summer Quest Trail 18.3km, NZ (1M)