List of events (with numbers taking part) in 2017 **January to June inclusive**

NOTE : parkruns are only included if they meet the performance criteria

7-Jan	Cheshire CC Champs, Birchwood (7M, 4F)
14-Jan	Benicassim 10K, (1M)
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	parkruns (2M, 1F)
12-Feb	Nick Beer 10K, Llandudno (2F)
18-Feb	Moonlight Mountain Marathon, NZ (1M)
18-Feb	parkruns (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	Midgeley Moor Fell Race (1M)
25-Feb	Speke Hall Night Run MT (1F)
26-Feb	Oulton Park HM (1M)
4-Mar	Nitro Trail race, Moel Famau (1M, 2F)
5-Mar	Anglesey HM (2M)
5-Mar	Borders League 8.3km, Manley (15M, 8F)
12-Mar	Stafford 20 mile (1M)
12-Mar	Wrexham Festival HM (1M)
12-Mar	Wrexham Festival 20 mile (3M)
12-Mar	Wrexham Festival Marathon (1F)
14-Mar	Falesia 5K, POR (1M)
18-Mar	Cartmel 18K Trail (1M)
18-Mar	parkruns (1M)
19-Mar	Delamere 10K Trail (1M)
19-Mar	Northern 50K Trail, New Zealand (1M)
19-Mar	Wigan 5K (1F)
19-Mar	Wigan Festival HM (2M)
19-Mar	Wilmslow HM (3M)
25-Mar	Chester Ultra 50 mile Trail (3M)
25-Mar	Llantysillio Fell race (1F)
25-Mar	parkruns (3M)
26-Mar	Cheshire 10K, Arley Hall (1M, 1F)
29-Mar	Wirral Seaside MT (2M, 1F)
30-Mar	WCAC Club trials, 3000m (1M, 1F)
? Mar	Vale of Clwyd 10K (2M)
1-Apr	Halewood 5K (1M)
1-Apr	parkruns (1M)
2-Apr	Lilleshall Monument 10K MT (1M, 1F)
2-Apr	Liverpool Vitality HM (2M, 4F)
2-Apr	Manchester Marathon (2M)
5-Apr	Wirral 5000m track (1M)
8-Apr	parkruns (1M, 1F)
9-Apr	Borders League 5.2 mile, New Brighton (10M, 8F)
9-Apr	Loop the Lake 25K Trail, Nelson, NZ (1M)
12-Apr	Chester Spring 5 mile (11M, 3F, 16h) **GP 1**
14-Apr	Salford GF 10K (1M)
15-Apr	Llandudno Easter 5K (1M, 1F)
15-Apr	parkruns (4M)
16-Apr	Crewe Air Products 10K (1M)
16-Apr	Hale Village 5 mile (1F)
20-Apr	Merseyvend 5K, Halewood (1M)
22-Apr	parkruns (2M)
23-Apr	Blackpool 10K (1M)
23-Apr	Clwydian 10 mile Trail (1M, 1F)
23-Apr	London Marathon (5M, 1F)
23-Apr	Oparara Wilderness Trail 35K, NZ (1M)
26-Apr	Borders League 4 mile, Wrexham (17M, 4F)
26-Apr	Wirral Seaside Run (1M, 1F)
28-Apr	Mid-Cheshire 5K, Kingsley (3M, 3F) **GP2**
29-Apr	North Wales 10 mile, Wrexham (3M, 1F)
29-Apr	parkruns (5M)
30-Apr	Oswestry HM (3M, 2F)
3-May	Ysgol Dinas Bran Hill race, Llangollen (1M, 1F)
6-May	Liverpool Spring 5K (1F)
6-May	NA T&F League, York (5K - 2M; 3K S/c - 2M; 3K - 1F)
6-May	parkruns (3M, 1F)
7-May	Cheshire T&F League, Ellesmere Port, 3000m (2M, 2F)
7-May	Ffrith 5K, Prestatyn (1F)
7-May	Liverpool Spring 10K (1M)
7-May	2 Lakes HM MT (2M, 1F)
9-May	Thurstaston MT 6 miles (2F)
13-May	parkruns (1M)
14-May	Llangollen 10K MT (1M)
19-May	Christleton 5K (9M, 4F)
20-May	parkruns (1F)
21-May	Chester HM (19M, 4F, 14h)
21-May	Snowdonia HM, Llanwrst (1M)
24-May	Moel Famau 2 person relay (1M, 1F)
24-May	Wirral 3000m track (1F)
25-May	Dunham Massey 5K (1F)
27-May	Excalibur HM MT (1M, 1F)
28-May	Edinburgh Marathon (1M)
28-May	Great Manchester HM (2M)
28-May	Great Manchester 10K (1M)
28-May	Liverpool Rock-n-Roll Marathon (3M, 1F)
28-May	Mynydd Myfyr Hill race (2M, 2F)
29-May	London Vitality 10K (1F)
31-May	Wirral Seaside Run (3M, 1F)
1-Jun	Deestriders Off- Road (3M, 1F)
2-Jun	Birchwood Brook 5K MT (1F)
3-Jun	parkruns (1M)
4-Jun	NA T&F Lge, Ell Port (5K 2M, 3K S/c 1M, 3K 1F)
9-Jun	Knowsley 4 mile (1M)
10-Jun	parkruns (1M)
10/11 Jun	Welsh Castles Relay (14M, 4F)
11-Jun	Mount Vernon 18K MT, NZ (1M)
14-Jun	Hot Foot up Famau FR (1M, 1F)
14-Jun	Park Hall, Oswestry 5K (1F)
15-Jun	Dunham Massey 5K - 2 (1F)
15 to 18 Jun	Tour of Tameside - 3 MT races, I road (1M, 1F)
17-Jun	Coed y Brennin HM MT (1F)
17-Jun	Hollins Green 5K (1F)
17-Jun	parkruns (1M, 1F)
18-Jun	Port Sunlight 10K (1M, 1F)
18-Jun	Port Sunlight 5K (1F)
21-Jun	Beast FR, Maeshafyn (1M, 1F)
23-Jun	Tattenhall Tough Team race (6M, 7F)
24-Jun	parkruns (3M)
25-Jun	Moel y Gamelin FR (1M)
25-Jun	Penny Lane 10K (2M, 2F)
28-Jun	Robbie Webster Wobbler FR (2M, 2F)
28-Jun	Wirral Seaside 5K MT (1M, 1F)