List of events (with numbers taking part) in 2017 **July - December inclusive**

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

01-Jul parkruns (1M)
02-Jul Alderley Edge By-pass 10K **(Ches GP)** (2M)
02-Jul Cheshire T&F League, Eccles 3000m (3F, 1M)
02-Jul Halifax Marathon (1M)
02-Jul Southport HM (Tour of M'side) (2F)
02-Jul Wirral Ultra MT (1F)
03-Jul Thurstaston MT (T of M'side) (1F)
04-Jul Sustrans 10ml MT (T of M'side) (1F)
05-Jul Birchwood Ladies 5K MT (1F)
06-Jul Deestriders Off Road MT (3M)
06-Jul Red Bull 5 mile (T of M'side) (1F)
07-Jul Knowsley 6ml NT (T of M'side) (1F)
08-Jul parkruns (3M)
08-Jul Wirral Coastal 12ml MT (T of M'side) (1F)
09-Jul Lymm 10K Trail (1F)
09-Jul NA T&F League, Wigan(5K 2M; 3K S/c 2M); 3K 2F)
09-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 Gyrn 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 Helena Tipping 10K, Wrexham (5M, 2F)
30-Jul Cheshire T&F League, Warrington 3000m (3M, 2F)

02-Aug Pie & Peas 5ml MT, Moulton GP (4M, 5F)
02-Aug Wirral Track 5000m (2M)
03-Aug Deestriders Off-road 5 mile (2M)
05-Aug NA T&F League, Sheffield (3K S/c 2M, 5K 2M, 3K 2F)
05-Aug parkruns (2M)
06-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 (7M, 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)

01-Sep Deestriders Off-Road 5ml (4M)
02-Sep parkruns (2M, 1F)
03-Sep Cardiff 10K (1M)
03-Sep Cheshire T&F League, Ell Port 3000m (3M, 4F, 1h)
03-Sep Clwydian Hills 30 mile Ultra (1M)
05-Sep Wirral MT League - 1 (12M, 1F)
08-Sep Wirral Tour, 5ml MT (2M, 1F)
09-Sep NW Road Relays, Blackpool (5M, 3F)
09-Sep Wirral Tour, 8ml MT (2M, 1F)
10-Sep City of Stoke 10K (1M)
10-Sep Great North Run HM (1M)
10-Sep Lake Vyrnwy HM (2M, 1F)
10-Sep Wirral Tour HM (2M, 1F)
12-Sep Wirral MT League - 2, (10M, 1F, 4h)
16-Sep Northern Athletics Road Relays (6M, 3F)
17-Sep EHM HM, Warrington (1M)
17-Sep Guilden Sutton 10K (7M, 4F, 21 helpers)
19-Sep Wirral MT League - 3 (12M, 2F)
23-Sep parkruns (2M)
26-Sep Wirral MT League - 4 (9M, 2F)
30-Sep North Staffs CC League - Winsford (8M, 5F)

01-Oct Borders League 5ml, Capenhurst (20M, 4F)
01-Oct Cardiff HM (1M)
01-Oct Congleton HM (!F)
01-Oct Mersey Tunnel 10K (1M, 1F)
01-Oct Sandstone Trail A, 27.5K (4M, 1F)
07-Oct N Wales CC, Wrexham (6M, 4F)
08-Oct Chester Marathon (7M, 1F)
08-Oct Chester 26.2 km (3M, 2F)
14-Oct Manchester CC Lge (3M)
14-Oct parkruns (1M)
15-Oct Farndon 10K GP (2M, 4F)
21-Oct Loggerheads 10 mile trail (1F)
21-Oct N Wales CC, Llandudno (8M, 2F)
22-Oct Clwydian Hills Fell R (1M)
28-Oct North Staffs CC Lge (7M, 5F)
28-Oct parkruns (1M).
28-Oct Snowdonia Marathon (1M, 1F)
29-Oct Halloween Fell Raiser 10ml MT (2M, 2F)

04-Nov parkruns (2M)
05-Nov Cheshire 10K, Arley Hall (2M, 2F)
05-Nov Dovedale Dash (1M, 1F)
11-Nov parkruns (1M)
11-Nov Manchester CC League (5M)
11-Nov Warrington Way 40 mile Trail (1F)
12-Nov Run Tatton 10K (1M)
18-Nov N Staffs CC League (8M, 5F)
18-Nov parkruns (1M)
19-Nov Conwy HM (3M, 4F)
25-Nov Liverpool & Dist CC, Sefton Pk (1F)
25-Nov N Wales CC, Bangor (6M, 3F)
26-Nov Wilmslow Festive 10K (3M)

02-Dec Manchester CC League (3M, 1F)
03-Dec Borders League, Birkenhead 5.5 mile (20M, 8F)
03-Dec Stockport 10 mile (1M)
03-Dec Vale of Clwyd HM (1M)
10-Dec Tatton Yuletide 10K Romp MT (1M)
17-Dec Staffs Moorlands Xmas Cracker MT (3M, 2F)
26-Dec Round the walls MT (11M, 1F, 15h)
30-Dec parkruns (1F)
31-Dec Bowstones Fell Race (2M, 1F)