

List of events (with numbers taking part) in 2018

January to June inclusive

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

06-Jan	Cheshire CC Champs, Delamere (12M, 6F)	28-Apr	Llangynhafal Fell Race (1M, 3F)
06-Jan	North Wales CC Champs (1F)	28-Apr	parkruns (1M, 1F)
13-Jan	Manchester CC League (4M, 1F)	29-Apr	Chester HM (24M, 4F, 16h)
13-Jan	parkruns (1M)		
13-Jan	Twin Piers 10K RR (1F)	05-May	Liverpool Spring 5K (1F)
14-Jan	Anglesey Coastal Trail Race, 33 miles (1M)	05-May	NA T&F Lge Wigan (3M, 1F)
14-Jan	Borders League, Abergele, 5 mile (18M, 6F)	05-May	parkruns (2M, 1F)
20-Jan	N Wales CC League, Shrewsbury (6M, 6F)	06-May	Ches T&F Lge, Eil Port 3000m (6M, 2F)
20-Jan	parkruns (1M)	06-May	Llangollen 10K MT (1F)
20-Jan	4 Villages HM, Helsby (16M, 7F)	06-May	Run through Tatton Pk 10K (1M)
27-Jan	NA Cross Country Champs, Harewood House (4M, 3F)	06-May	Two Lakes HM Trail, North Wales (1M, 1F)
		08-May	Mobberley Runways MT (GP3) (1M)
03-Feb	Marathon Trail, Shropshire (1M)	08-May	Thurstaston 10K MT (2F)
03-Feb	North Wales CC Lge, Oswestry (10M, 6F)	09-May	Castell Dinas Bran Fell Race (4M, 3F)
03-Feb	parkruns (1M)	12-May	parkruns (4M, 1F)
04-Feb	Alsager 5 mile (1M)	12-May	Sandstone Ultra Race (1M)
10-Feb	Manchester CC League, Wythenshawe(6M, 1h)	13-May	Cheshire T&F Champs, Macclesfield (5000M 3M,1F; 3KS/c 1M)
10-Feb	parkruns (1M)	13-May	Ffrith 5K, Prestatyn (1M)
11-Feb	Liverpool & District CC Lge (4M)	16-May	Kirkby Stephen 10K (1M)
11-Feb	Nick Beer 10K, Llandudno (2F)	18-May	Christleton 5K (12M, 7F)
17-Feb	Parbold Hill Race (6M, 1F)	20-May	Liverpool "Rock-n-Roll" HM (1M, 1F)
17-Feb	parkruns (2M)	20-May	Liverpool Spring 5K (1F)
18-Feb	Borders League 10K, Caernarfon (12M, 2F)	20-May	Liverpool "Rock-n-Roll" Marathon (3M)
18-Feb	Great NW Half-marathon, Blackpool (2M)	23-May	Jubilee Relay MT, Moel Famau (2M, 2F)
24-Feb	English National CC Champs, London (2M, 3F)	26-May	parkruns (6M)
24-Feb	parkruns (1M, 1F)	27-May	Mynydd Myfyr Hill race, Oswestry (2m, 4F)
25-Feb	Oulton Park 10K (1M)	28-May	London Vitality 10,000m Road (1F)
25-Feb	Oulton Park HM (1M)	29-May	South Cheshire 5K (1F)
25-Feb	Village Bakery HM, Wrexham (10M, 2F)	30-May	Wirral Seaside 5K (4M, 3F)
?? Feb	Benicassion 10K, ESP (1M)		
		02-Jun	Abersoch 10K MT (1F)
03-Mar	Anglesey Island HM (1M)	02-Jun	Cheshire T&F Lge 3000m (4M, 4F)
03-Mar	Benidorm HM (1M)	02-Jun	parkruns (2F)
04-Mar	Chester 10K (12M, 4F)	03-Jun	NA T&F Lge (3K S/c (1M); 5K (2M); 3K (1F)
04-Mar	Cloud 9 mile Fell Race, Congleton (1F)	03-Jun	Upper Eden 23ml Fell (1M)
10-Mar	Loggerheads 10K MT (1F)	06-Jun	Birkenhead Park 5 mile (1F)
10-Mar	Loggerheads 5K MT (1M)	06-Jun	Up the Beast Fell Race (2M, 2F)
10-Mar	parkruns (1F)	07-Jun	City of Manchester 5K (1M)
11-Mar	Chester Ultra 50 mile Trail (1M)	07-Jun	Deestridders Off-road 4.9 mile (8M, 1F)
11-Mar	Knighton 20 mile (1M)	09-Jun	parkruns (3M, 1F)
11-Mar	Wrexham Festival 20 mile (1M, 1F)	10-Jun	Cloud 9 Fell race, Congleton (1F)
13-Mar	Falesia 5K, POR (2M)	10-Jun	Run through Tatton 10K (3M)
17-Mar	BMAF CC Champs, Forres, Scotland (1M)	13-Jun	Hot foot up Famau Fell race (1F)
17-Mar	parkruns (1M)	13-Jun	Park Hall 5K, Oswestry (2JM, 1F)
24-Mar	Llantysilio Fell Race (1F)	13-Jun	Wirral 3000m track (1M)
24-Mar	parkruns (2M, 1F)	14-Jun	Dunham Massey 5K (1M)
25-Mar	Liverpool HM (short) (4M, 2F)	16-Jun	parkruns (3M, 1F)
28-Mar	Wirral Seaside 5K (2M, 3F)	17-Jun	Colshaw Hall 10K (GP4) (3F)
29-Mar	WCAC Trials 3000m track (2M, 1F)	17-Jun	Port Sunlight 5K(1F)
31-Mar	parkruns (3M, 1F)	17-Jun	Port Sunlight 10K (1M, 1F)
		17-Jun	Shrewsbury HM (1M)
01-Apr	Crewe (AP) 10K, GP1 ((2M)	21-Jun	City of Manchester 5K (1M)
01-Apr	Hale Village 5 mile (1F)	21-Jun	Warrington RR 10K (1M)
07-Apr	parkruns (1M, 1F)	22-Jun	Tattenhall Tough Team race, 9 miles (8M, 3F)
08-Apr	Borders League 5 ml, Mold (22M, 8F)	23-Jun	parkruns (2M, 1F)
08-Apr	Kielder Ultra Trail 50K (1M)	23-Jun	Run Fest Wales HM, Rhyl (1M, 2F)
08-Apr	Manchester Marathon (5M)	24-Jun	Hollins Green 5K (GP5) (1M, 1F)
11-Apr	Chester Spring 5ml (14M, 5F, 15h)	24-Jun	Moel-y-Gamelin Fell Race, 10 miles (1M, 1F)
14-Apr	parkruns (1F)	24 Jun?	Pennine Barrier 50 mile Fell race (1M)
15-Apr	Mersey Tunnel 10K (2M, 2F)	24-Jun	Penny Lane 10K (2M, 1F)
15-Apr	Whitley 10K, GP2 (1M, 1F)	24-Jun	Wilmslow HM (postponed from March) (7M)
21-Apr	Moel Wnion Fell Race (1F)	26-Jun	South Cheshire 5K (1F)
21-Apr	parkruns (1M)	27-Jun	Robbie Webster Wobbler MT race (8M, 3F)
22-Apr	London Marathon (3M, 1F)	27-Jun	Wirral Seaside 5K (1F)
25-Apr	Borders League, 4.6ml. Shotton (23M, 8F)	30-Jun	parkruns (3M)
25-Apr	Wirral Seaside 5K (1F)	30-Jun	Whaley Waltz Fell Race (2F)
27-Apr	Mid-Cheshire 5K (4M)		