

List of events (with numbers taking part) in 2018

July - December inclusive

- 01-Jul Alderley Edge By-pass 10K (4M)
 01-Jul Southport HM - Tour of M'side (2M, 2F)
 02-Jul Thurston 5.9ml MT - Tour of M'side (1M, 2F)
 03-Jul Sustrans 10 mile MT - Tour of M'side (1M, 1F)
 05-Jul Deestridders Off-road 4.9mile (5M)
 05-Jul Red Bull 5 mile - Tour of M'side (1M, 2F)
 06-Jul Knowsley 6 mile MT - Tour of M'side (1M, 2F)
 07-Jul parkruns (4M, 1F)
 07-Jul Run through Regents Park 10K, London (1M)
 07-Jul Wirral Coastal 12 mile - Tour of M'side (1M, 2F)
 08-Jul NA T&F League, York - 3000m S/c (1M), 5000m (1F), 3000m (1F)
 12-Jul Whitchurch Whippets MT Relays (3M, 2F)
- 14-Jul Cheshire T&F League 3000m (1M, 4F)
 14-Jul parkruns (2M, 1F)
 21-Jul Ingleborough 6ml Fell (1M)
 21-Jul N Wales HM MT (1M)
 21-Jul parkruns (3M, 3F)
 22-Jul Shrewsbury 10K (1M)
 25-Jul Green, Green Grass of Home Fell race (2M, 2F)
 25-Jul Wirral Seaside 5K (2F)
 28-Jul Gyrn Gallop Fell race, Oswestry (1M, 1F)
 28-Jul parkruns (3M, 1F)
 29-Jul Helena Tipping 10K, Wrexham (5M, 2F)
 29-Jul Run Aintree HM (1M)
- 01-Aug Pie & Peas 5ml MT, Moulton (5M, 6F)
 02-Aug Deestridders Off-road MT (10M, 1F)
 04-Aug NA T&F Lge, Preston, 3000m S/c (1M), 5000m (1M)
 04-Aug parkruns (1M, 2F)
 05-Aug Vale of Clwyd 10K (1M, 1F)
 11-Aug parkruns (2M, 2F)
 12-Aug Run through Tatton Park 10K (2M)
 12-Aug 2 Hill Forts Fell Race (1M, 1F)
 15-Aug Capenhurst 5K (6M, 4F)
 15-Aug Wirral 5000m track (1M, 2F)
 18-Aug parkruns (3M, 2F)
 18-Aug Race the Train Tywyn 10K MT (1M, 2F)
 18-Aug Race the Train Tywyn 14 mile MT (6M, 1F)
 19-Aug Birchwood 10K (2M, 1F)
 23-Aug Mid-Cheshire 5K (7M)
 25-Aug parkruns (1M, 1F)
 26-Aug Ellesmere 10K (1F)
 29-Aug Wirral Seaside 5k (1M)
- 01-Sep Keswick/Derwentwater 15K trail (1F)
 01-Sep parkruns (1M)
 02-Sep Chesh T&F League, Salford, 3000m (1M, 1F)
 02-Sep Stoke 10K (1M)
 02-Sep South Cheshire 20 mile (4M, 1F)
 04-Sep Wirral MT (1) (8M, 2F)
 05-Sep Wirral 3000m track (2M)
 07-Sep Deeside Off-road MT (9M, 1F)
 07-Sep Tour of Wirral, Arrowe Pk 5ml MT (1M, 1F)
 08-Sep NW (Ches) Road relays, Delamere (6M, 6F)
 08-Sep parkruns (2M)
 08-Sep Tour of Wirral, Thurston 8ml MT (1M, 1F)
 09-Sep Great North Run HM (1M)
 09-Sep Lake Vyrnwy HM (3M)
 09-Sep Ras Cymr y Bran 7ml Fell (1M, 1F)
 09-Sep Tour of Wirral 10K (1F)
 09-Sep Tour of Wirral HM (1M, 1F)
 09-Sep Wigan 10K (1M)
 11-Sep Wirral MT (2) (10M, 1F)
 15-Sep Eaton Park 10K, Chester (1M, 2F)
 15-Sep King John's Castle Fell race (1M, 1F)
 15-Sep parkrun (1F)
 16-Sep Ben Nevis Ultra 50 mile Fell race (1M)
 16-Sep Berlin Marathon (1M)
 16-Sep EHM HM, Warrington (1M)
 16-Sep Guilden Sutton 10K (17M, 6F, 16h)
 18-Sep Wirral MT (3) (6M, 3h)
 22-Sep Meerbrook 15K (1F)
 22-Sep parkruns (3M, 1F)
 23-Sep NA Road Relays, Manchester (3M, 6F)
 25-Sep Wirral MT (4) (9M, 2F)
 29-Sep North Staffs CC Lg, Winsford (6M, 6F)
 30-Sep Sandstone Trail A Race (17.1 miles) (2M)
 30-Sep Sandstone Trail B Race (10.6 miles) (3M, 3F)
- 06-Oct N Wales CC Lge, Shrewsbury (10M, 9F)
 06-Oct parkruns (1M, 1F)
 07-Oct Chester 26.2km road (8M, 5F)
 07-Oct Chester Marathon (14M, 2F, 4h)
 13-Oct Manchester CC Lge, Wythenshawe (5M, 1F)
 13-Oct parkruns (1M)
 14-Oct Borders Lge 5ml, New Brighton (24M, 7F)
 14-Oct Manchester HM (2M)
 14-Oct Palma de Mallorca 10K (1F)
 14-Oct York 10 mile (1M)
 20-Oct N Wales CC Lge, Colwyn Bay (11M, 7F)
 20-Oct parkruns (2M)
 21-Oct Flintshire 10K, Mold (1F)
 21-Oct Flintshire 5K, Mold (1F)
 21-Oct Heart of Eden HM (1M)
 21-Oct Loggerheads 5ml trail (3M)
 27-Oct North Staffs XC Lge, Stafford (6M, 7F)
 27-Oct Snowdonia Marathon (1M, 1F)
 28-Oct Halloween Hellraiser MT, Crewe (1M, 1F)
 30-Oct Lanzarote HM (1M, 1F)
- 03-Nov Halewood 5K (1M)
 03-Nov Lanzarote 5K (1F)
 03-Nov Lanzarote 10K (1M)
 04-Nov Abergele 5 mile (1M)
 04-Nov Flying Fox 10 mile, Staffs (1M)
 04-Nov Run Tatton HM (1M, 2F)
 10-Nov Cheshire 10K, Arley Hall (2M, 2F)
 10-Nov N Wales CC (12M, 6F)
 10-Nov parkruns (1F)
 11-Nov Borders League 5 mile, Chester (21M, 6F, 12h)
 17-Nov N Staffs CC, Park Hall (7M, 5F)
 17-Nov parkruns (2M, 1F)
 18-Nov Conwy HM (3M, 5F)
 24-Nov parkruns (1F)
 24-Nov Liverpool & Dist CC, Sefton Pk, (4M, 3F)
 25-Nov Wilmslow Festive 10K (8M, 1F)