

# West Cheshire AC - fixtures - 2019

| Colour Code |                   |         |                                    |                |                             |                      | Club Promotions_Marshals_Officials_!!!! |              |       |          |         |     |     |
|-------------|-------------------|---------|------------------------------------|----------------|-----------------------------|----------------------|---|--------------|-------|----------|---------|-----|-----|
| Sportshall  | Indoor            | Leagues | Cross Country                      | Cross Country  | Championships               | Road/                | Borders League                          | Bonus points | NVAC  |          |         |     |     |
| T & F       | T&F Championships |         | Multi-Terrain/Fell                 |                | Schools Indoor              | School               | Age Groups                              |              |       |          |         |     |     |
| Date        | Day               | Time    | Event                              |                | Venue                       | Entry                | Close/date                              | u11          | u13   | u15      | u17     | Jun | Sen |
| >>>>>       | January           | 2019    | <<<<<<                             | Happy New Year |                             | Happy New Year       |   |              |       |          |         |     |     |
| 5th         | Saturday          | 11.30am | Cheshire CC Championships          |                | Birchwood                   | £4.00                | Sa 29th Dec                             | m+f          | m+f   | m+f      | m+f     | m+f | m+f |
| 5/6th       | Sat/Sun           | 10.30am | Eng/Nor Comb Event Champs          |                | EIS Sheffield               |                      | 17th Dec                                |              |       |          |         | m+f | m+f |
| 6th         | Sunday            | 10.00am | Sale H - Indoor Open T&F [3]       |                | Etihad Campus               | £6/ event            | extra on Day                            |              |       |          | m+f     | m+f | m+f |
| 12th        | Saturday          | 12.noon | Manchester Area CC League Rd4      |                | Heaton Park                 | Club                 |   | m+f          | m+f   | m+f      | m+f     | m+f | m+f |
| .           | Saturday          | 2.00pm  | North Wales CC League 4            |                | Coleg Cambria? - Northop    | Club                 | 1 <sup>st</sup> Members                 |              |       |          | m+f     | m+f | m+f |
| 12/13th     | Sat/Sun           | 10.00am | NoAth Indoor T&F Champs            |                | EIS Sheffield               | £12+2nd 8            | 15th Dec                                |              |       |          |         | m+f | m+f |
| 19th        | Saturday          | 1.00pm  | Twin Piers 10K                     |                | Llandudno/ColwynBay         | £18/16.00            | 15th Jan                                | NoEnt        | onday |          | m+f     | m+f | m+f |
| 20th        | Sunday            | 10.30am | Essar 4 Villages 1/2 Mar           |                | Helsby                      | £25/23.00            | 1st Jan                                 | on-line only |       |          |         | 17+ | m+f |
| .           | Sunday            | 12noon  | NW Indoor Sportshall League F      |                | Kingsway, Widnes            | Qualify in League    |   | m+f          | m+f   | m+f      |         |     |     |
| 22nd        | Tuesday           | 4.00pm  | Chester & Dist Sch Indoor Champs   |                | Blacon High                 | School               |   |              |       | yr8      |         |     |     |
| 24th        | Thursday          | 4.00pm  | Chester & Dist Sch Indoor Champs   |                | Chestr Catholic High        | School               |   |              |       | yr7      |         |     |     |
| 26th        | Saturday          | 10.30am | NorthAth CC Championships          |                | Pontefract WF8 4QD          | £8/ £7 u17           | Fr 11th Jan                             | XXX          | m+f   | m+f      | m+f     | m+f | m+f |
| 27th        | Sunday            | <<11am  | Borders League - 4 - Ches Tri      |                | Tattenhall                  | Club                 |   |              |       |          |         | m+f | m+f |
| >>>>>       | February          | 2019    | <<<<<<                             |                |                             |                      |   |              |       |          |         |     |     |
| 2nd         | Saturday          | 10.00am | Cheshire Schools CC Champs         |                | Knights Grange,             | District             |   |              |       |          | Jun     | Int | Sen |
| .           | Saturday          | 1.00pm  | North Wales CC League 5            |                | Oswestry, SY11 2AP          | Club                 | 1 <sup>st</sup> Members                 |              |       |          |         | m+f | m+f |
| .           | Saturday          | 18.30pm | Annual Awards Evening              |                | Crown Plaza, Chester        | £12.00               | << 1st Jan                              | u12 > £8     |       |          | u5 free |     |     |
| 3rd         | Sunday            | 10.45am | NoAth Indoor T&F Champs            |                | EIS Sheffield               | £12+2nd 8            | 19th Jan                                |              |       |          | m+f     | m+f |     |
| .           | Sunday            | 11.00am | Alsager 5M                         |                | Alsager                     | £16/14.00            | tba                                     | +£2.00       | onday |          | m+f     | m+f | m+f |
| 9th         | Saturday          | 10.00am | WCAC Schools CC Races 3            |                | Stanney                     | School               | Yr 3 to 8                               | m+f          | m+f   |          |         |     |     |
| .           | Saturday          | 12noon  | Manchester Area CC League Rd5      |                | Kenworthy Woods             | Club                 |   | m+f          | m+f   | m+f      | m+f     | m+f | m+f |
| 10th        | Sunday            | 10.00am | Sale H - Indoor Open T&F [4]       |                | Ethiad Campus               | £6/ event            | extra on Day                            |              |       |          | m+f     | m+f | m+f |
| .           | Sunday            | 11.00am | Liverpool & District CC Champs.    |                | Clark Gardens               | £2.00                | 6th Feb                                 |              |       |          |         | m   | m+f |
| .           | Sunday            | 11.00am | NMAC CC Championships              |                | tba                         | tba                  | tba                                     |              |       |          |         | Mas |     |
| .           | Sunday            | 12noon  | Llandudno, Nick Beer 10K           |                | Llandudno                   | £17/15.00            | 1st Feb                                 |              |       |          |         | m+f | m+f |
| 16th        | Saturday          | 2.00pm  | 49th Parbold Hill Race 6.75M       |                | Parbold - (+fee online)     | £8.50/ 6.50          | 12th Feb                                | Limit 500    |       |          |         | m+f | m+f |
| 17th        | Sunday            | 10.00am | Sale H - Indoor Open T&F [5]       |                | Etihad Campus               | £6/ event            | extra on Day                            |              |       |          | m+f     | m+f | m+f |
| .           | Sunday            | 11.00am | Village Bakery 1/2 Marathon        |                | Wrexham LL13 9PQ            | £21/19.00            | trans till 15th                         | 500 limit    |       |          |         | 17+ | m+f |
| 23rd        | Saturday          | 10.00am | Rhyl 10m                           |                | Rhyl                        | £26/24.00            | tba                                     |              |       |          |         | 16+ | m+f |
| .           | Saturday          | 11.00am | English National CC Champs.        |                | Leeds LS17 9LG              | £8.00                | Fr 11th Jan                             | XXX          | m+f   | m+f      | m+f     | m+f | m+f |
| 24th        | Sunday            | noon    | England Athletics Indoor Champs    |                | Sheffield                   | on Entry             | 1st Feb                                 |              |       |          |         | m+f | m+f |
| >>>>>       | March             | 2019    | <<<<<<                             |                |                             |                      |   |              |       |          |         |     |     |
| 2nd         | Saturday          | 10.00am | WCAC Schools CC Races 4            |                | Stanney                     | School               | Yr 3 to 8                               | m+f          | m+f   |          |         |     |     |
| 3rd         | Sunday            | 11.00am | Borders League - 5 - Birkenh'd     |                | Bromborough                 | Club                 |   |              |       |          |         | m+f | m+f |
| .           | Sunday            | 11.00am | High Legh 10K (open Soon ?)        |                | High Legh                   | 'Nifty'              | fills up                                |              |       |          |         | m+f | m+f |
| .           | Sunday            | 11.00am | 26th Cloud Nine Hill Race          |                | Congleton, CW12 1RG         | 9.5+booking          | fills up                                |              |       | min 18yr |         | m+f | m+f |
| 9th         | Sat/Sun           | 10.30am | Eng Ath Comb Event Champs          |                | EIS Sheffield               | on Entry             | 15th Feb                                |              |       |          |         | m+f | m+f |
| .           | Saturday          | 11.00am | Inter-counties CC Champs           |                | Prestwold Hall,Loughborough | Selection by County  | XXX                                     | m+f          | m+f   | m+f      | m+f     | m+f | m+f |
| .           | Saturday          | 12noon  | British Masters CC Champs          |                | Malone, Belfast, NI         | tba                  | tba                                     |              |       |          |         | Mas |     |
| 10th        | Sunday            | 9.00am  | BTR Liverpool Half Marathon/ 10m   |                | Pier Head, Liverpool        | £33/31 +b            | tba                                     | 8000 limit   |       |          |         | m+f | m+f |
| .           | Sunday            | 9.30am  | Chester 10K                        |                | Northgate Arena             | £24/22.00            | 1st Mar                                 |              |       |          |         | 16+ | m+f |
| .           | Sunday            | 9.30am  | Trafford 10K (chip time)           |                | PartingtonLiesureGen        | £18/16.00            | 1st Mar                                 |              |       | min 16yr |         | m+f | m+f |
| .           | Sunday            | 10.30am | Sale H - Indoor Open T&F [6]       |                | Etihad Campus               | £6/ event            | extra on Day                            |              |       |          |         | m+f | m+f |
| .           | Sunday            | 10.30am | Knighton 20 [Staffs Area]          |                | Knighton ST20 0QH           | £17/ 15.00           | +£1 onday                               |              |       |          |         | 17+ | m+f |
| TBC         | Wednesday         | pm      | Cheshire County Indoor Finals      |                | EPSV                        | Area                 | qualify                                 |              |       | 7&8      |         |     |     |
| 16th        | Saturday          |         | ESAA CC Championships              |                | Temple Newsam,Leeds         | Selection by County  |   |              |       | Jun      | Int     | Sen |     |
| 17th        | Sunday            | 09.00am | Marathon & 20mile (Run Wales)      |                | Wrexham town centre         | £40/38.00            |   |              |       |          |         | 18+ | m+f |
| .           | Sunday            | 10.30am | Wrexham Half Marathon              |                | Wrexham town centre         | £30/32.00            |   |              |       |          |         | 17+ | m+f |
| 19th        | Tuesday           | 10.00am | Falésia 5K                         |                | Falésia, 8200 Albufeira     | € 5.00 cash (Euros)  |   |              |       |          | 13+     | m+f | m+f |
| 23rd        | Saturday          | 10.00am | WCAC T&F Trials for YDL            |                | Stanney                     |                      |   |              |       |          | m+f     | m+f | m+f |
| .           | Saturday          | noon    | (SIAB) SchoolsCC International     |                | Ireland                     | Selection by Country |   |              |       | Jun      | Int     |     |     |
| 24th        | Sunday            | 10.30am | Wilmslow 1/2 Marathon              |                | Wilmslow                    | £29/27+fee           | 23rd Feb                                | Limit 4800   |       |          |         | m+f | m+f |
| .           | Sunday            | 10.30am | NoAth Men 12/Ladies 6 stage relays |                | tba                         | £96/ 48.00           | tba                                     |              |       |          |         | m+f |     |
| .           | Sunday            | 12.30pm | NW Regional u13Team & u15AllRound  |                | Sport City                  | Selection by County  |   |              |       |          |         | m+f | m+f |
| .           | Sunday            | 12.30pm | NW Fun in Athletics, Sportshall    |                | Sportcity, Manchester       | Selection by County  |   |              |       |          |         | m+f |     |

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| Sportshall  | Indoor            | Leagues   | Cross Country                  | Cross Country | Championships           | Road/                       | Borders League                          | Bonus points | NVAC |     |          |     |     |
| T & F       | T&F Championships |           | Multi-Terrain/Fell             |               | Schools Indoor          | School                      |   | Age Groups   |      |     |          |     |     |
| Date        | Day               | Time      | Event                          |               | Venue                   | Entry                       | Close/date                              | u11          | u13  | u15 | u17      | Jun | Sen |
| 27th        | Wednesday         | 5.00pm    | Intercounty School match       |               | Stanney                 | County                      |   |              | Yr7  |     |          |     |     |
| .           | Wednesday         | 6.30pm    | Wirral Seaside Run - 5K        |               | Moreton CH46 4TA        | £7/ 5.00                    | Limit 500                               | 11+          | m+f  | m+f | m+f      | m+f | m+f |
| 28th        | Thursday          | 18.00pm   | WCAC T&F Trials for YDL        |               | Stanney                 |                             |   | m+f          | m+f  | m+f | m+f      |     |     |
| .           |                   |           |                                |               |                         |                             |   |              |      |     |          |     |     |
| 31st        | Sunday            | 11.00am   | Borders League - 6 - Buckley   |               | Hope/Caergwrie          | Club                        |   |              |      |     |          | m+f | m+f |
| >>>>>       | April             | 2019      | <<<<<<                         |               |                         |                             |   |              |      |     |          |     |     |
| 6th         |                   |           |                                |               |                         |                             |   |              |      |     |          |     |     |
| .           | Saturday          | 10.30am   | National 12/6 Stage Relays     |               | Sutton Park             | Senior Men need to qualify! |   |              |      |     |          | m+f | m+f |
| 7th         | Sunday            | 9.00am    | Manchester Marathon            |               | Old Trafford            | £60.00                      |   |              |      |     |          | 18+ | m+f |
| TBC         | Sunday            |           | National Road Relays           |               | Sutton Park             | Club                        | tba                                     |              | m+f  | m+f | m+f      |     |     |
| .           | Sunday            | noon      | Trafford open Medal meeting    |               | Longford Park M21 9TA   | tba                         | spectator £2                            | m+f          | m+f  | m+f |          |     |     |
| 10th        | Wednesday         | 7.00pm    | ESSAR SPRING 5                 |               | Upton, CHESTER          | £11/9.00                    | NONE on day                             | 500 limit    |      |     | 15+      | m+f | m+f |
| 13th        | Saturday          | 10.00am   | Liverpool Throws & Jumps       |               | Wavertree               | tba                         | tba                                     | XXX          | m+f  | m+f | m+f      | m+f | m+f |
| 13/14th     | Sat/Sun           | 12.30pm   | UK Sportshall Final            |               | Sportcity, Manchester   | Selection by County         |   |              | m+f  | m+f |          |     |     |
| 14th        | Sunday            | 9.30am    | BTR - Mersey Tunnel 10K        |               | Liverpool/Wallasey      | £24/22.00                   | online+fee!                             |              |      |     |          | m+f | m+f |
| .           | Sunday            | 11.00am   | Whitley 10K                    |               | Whitley, Warrington     | £16/14.00                   | 12th Apr                                | 500 limit    |      |     | 15+      | m+f | m+f |
| .           |                   |           |                                |               |                         |                             |   |              |      |     |          |     |     |
| .           |                   |           |                                |               |                         |                             |   |              |      |     |          |     |     |
| 19th        | Good Friday       | 10.00am   | Salford 10K                    |               | LwrKersall M7 3NQ       | £16/14.00                   | on-line                                 | 750 limit    |      |     | 15+      | m+f | m+f |
| .           |                   |           |                                |               |                         |                             |   |              |      |     |          |     |     |
| 21st        | Sunday            | 9.30am    | Hale 5 - [Interval Races]      |               | Hale village            | £19/ 17.00                  | 9th Apr                                 | + £2 Onday   |      |     | 17+      | m+f | m+f |
| 21st        | Sunday            | 10.15am   | Air Products10K                |               | Crewe                   | £12/10.00                   | 3rd Apr                                 |              |      |     | 15+      | m+f | m+f |
| 22nd        | Monday            | noon      | Trafford open Medal meeting    |               | Longford Park M21 9TA   | tba                         | spectator £2                            | m+f          | m+f  | m+f |          |     |     |
| 24th        | Wednesday         | 7.00pm    | Wirral Seaside Run - 5K        |               | Moreton CH46 4TA        | £7/ 5.00                    | Limit 500                               | 11+          | m+f  | m+f | m+f      | m+f | m+f |
| .           | Wednesday         | 7.30pm    | Borders League - 7 - Prestatyn |               | Ffrith                  | Club                        |   |              |      |     |          | 15+ | m+f |
| 26th        | Friday            | 7.15pm    | (Cute) Mid-Cheshire 5K         |               | Kingsley cricket club   | £13/11.00                   | Fri 19th                                |              |      |     | 16+      | m+f |     |
| 27th        | Saturday          | 11.00am   | Tk 11.30am YDL Lo NPremW Rd1   |               | Sport City              | Club                        |   |              | m+f  | m+f |          |     |     |
| .           | Sunday            | 8:55/10am | LONDON MARATHON                |               | London                  | Closed                      |   |              |      |     |          |     | m+f |
| >>>>>       | May               | 2019      | <<<<<<                         |               |                         |                             |   |              |      |     |          |     |     |
| TBC         | Thursday          | 4.00pm    | WCAC Invitation Schools Cup    |               | Stanney                 | School                      |   |              |      |     | Jun      | Int | Sen |
| 4th         | Saturday          | 11.45am   | Cheshire League Rd1            |               | Warrington              | Club                        | On Day                                  | m+f          | m+f  | m+f | m+f      | m+f | m+f |
| 5th         | Sunday            | 11.10T/10 | Tk 11.40am YDL Up W2 Rd1       |               | Leigh                   | Club                        |   |              |      |     |          | m+f | m+f |
| 6th         | Monday            | noon      | Trafford open Medal meeting    |               | Longford Park M21 9TA   | tba                         | spectator £2                            | m+f          | m+f  | m+f |          |     |     |
| 7th         | Tuesday           |           | ESAA Schools Cup,1st Round     |               | Warrington              | School                      | 28th Feb                                |              | Jun  | Int |          |     |     |
| TBC         | Tuesday           | 7.30pm    | Mobberley 'R the R 5m'         |               | Mobberley nr Rly Sta    | tba                         | on-line only                            | NO onday     |      |     | m+f      | m+f | m+f |
| .           |                   |           |                                |               |                         |                             |   |              |      |     |          |     |     |
| 11/12th     | Sat/Sun           | 10/10.15  | Cheshire T&F Championships     |               | Macclesfield            | £6/ event                   | 5th May                                 |              | m+f  | m+f | m+f      | m+f |     |
| TBC         | Sunday            | 11.30am   | Ffrith 5K                      |               | Ffrith Complex LL19 7AR | £12/10.00                   | 9th May                                 |              | m+f  | m+f | m+f      | m+f |     |
| 14th        | Tuesday           |           | ESAA Schools Cup,1st Round     |               | Macclesfield            | School                      | 28th Feb                                |              | Jun  | Int |          |     |     |
| .           |                   |           |                                |               |                         |                             |   |              |      |     |          |     |     |
| .           |                   |           |                                |               |                         |                             |   |              |      |     |          |     |     |
| TBC         | Friday            | 7.15pm    | Christleton 5K                 |               | Christleton CH3 7AD     | tba                         | on-line only                            | Limit 500    |      |     | 16+      | m+f | m+f |
| 18th        | Saturday          | 11.00am   | Tk 11.30am YDL Lo NPremW Rd2   |               | Wavertree               | Club                        |   |              | m+f  | m+f |          |     | m+f |
| 19th        | Sunday            | 9.00am    | ESSAR Chester Half Marathon    |               | Roodee to City Hall     | £35/33.00                   | 5000 limit                              |              |      |     |          | m+f | m+f |
| .           | Sunday            | 11.30am   | Northern T&F Division 1 Rd1    |               | Blackburn               | Club                        |   |              |      |     |          | m+f | m+f |
| .           |                   |           |                                |               |                         |                             |   |              |      |     |          |     |     |
| 22nd        | Wednesday         |           | Chester & District T&F Champs  |               | Deeside                 | School                      |   |              |      |     | Yr 7 & 8 |     |     |