

List of events (with numbers taking part) in 2018

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 (1M), 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, Arrove 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)

July - December inclusive

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 Lge, Winsford (6M, 6F)
30-Sep Great Scottish HM, Glasgow (1M, 1F)
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)

01-Dec Manchester CC Lge, Stockport (3M)
01-Dec parkruns (2M)
08-Dec parkruns (1M)
09-Dec Borders League 5 mile, Ty Groes (9M, 2F)
09-Dec Stockport 10 mile (1M)
?Dec Cargill Mountain Race 100km, NZ (1M)
15-Dec N Staffs CC League (4M, 2F)
22-Dec parkruns (1M, 1F)
26-Dec Round the Walls, Chester MT (7M, 5F, 18h)
29-Dec parkruns (3M)
31-Dec Bowstones-NYE Fell Race (2M, 3F)