

List of events (with numbers taking part) in 2019**January to June inclusive***NOTE : parkruns are only included if they meet the performance criteria*

01-Jan parkruns (1F)
05-Jan Cheshire CC Champs, Birchwood (9M, 7F)
05-Jan parkruns (4M)
05-Jan Wirral Way 10K MT (1F)
12-Jan Benicassim 10K (1M)
12-Jan North Wales CC League (12M, 12F)
12-Jan parkruns (2M)
19-Jan parkruns (2M)
20-Jan 4 Villages HM (17M, 4F)
26-Jan Northern CC Champs, Pontefract (2M, 4F)
26-Jan parkruns (2M, 1F)
27-Jan Borders League 9.8K, Tattenhall (19M, 5F)
? Jan Big Easy Mountain Marathon MT (1M)