

**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)

02-Feb North Wales CC League (6M, 8F)  
02-Feb parkruns (2M)  
03-Feb Alsager 5 mile (1M)  
03-Feb Southport Mad Dog 10K (1M, 1F)  
09-Feb Northern Masters CC Champs, Winsford (1M)  
09-Feb parkruns (4M)  
10-Feb Liverpool & Dist CC Champs (1M, 1F)  
10-Feb Nick Beer 10K, Llandudno (2F)  
16-Feb parkruns (4M, 1F)  
17-Feb Great NW HM, Blackpool (1M)  
17-Feb Village Bakery HM, Wrexham (11M, 4F)  
23-Feb ECCA CC Champs, Leeds (3M, 2F)  
23-Feb parkruns (1M, 1F)  
23-Feb Rhyl 10 mile (3M, 1F)  
24-Feb Oulton Pk 10K (1M)  
24-Feb Ruthin 5K (1M)