

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	
>>>>>	April	2019	<<<<<<											
6th	Saturday	11.00am	u15/ u17 5K Championship		Sutton Park	Club	29th Mar				m+f	m+f		
.	Saturday	noon	National 12/6 Stage Relays		Sutton Park	Club	29th Mar				Senior Men qualify!	m+f	m+f	
7th	Sunday	9.00am	Manchester Marathon		Old Trafford	£60.00						18+	m+f	
.	Sunday	noon	Trafford open Medal meeting		Longford Park M21 9TA	£6+£2forothe 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	£10/13/16.00	8th Apr/ol	7th XXX				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	10.30am	Wirral YA Open + Mile 3.30pm		Oval, Bebington	£4.00	£5 on day					m+f	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
20th														
21st	Sunday	9.30am	Hale 5 - [Interval Races]		Hale village	£19/ 17.00	9th Apr	+ £2	On day			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
.	Wednesday	7.30pm	Borders League - 7 - Prestatyn		Ffrith	Club						15+	m+f	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	<<<<<<											
4th	Saturday	11.45am	Cheshire League Rd1		Connah's Quay	Club	On Day					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	£6+£2forothe spectator	£2					m+f	m+f	m+f
7th	Tuesday		ESAA Schools Cup,1st Round		Warrington	School	28th Feb					Jun	Int	
.	Tuesday	7.30pm	Mobberley 'R the R 5m'		Mobberley nr Rly Sta	£10/8.00	waiting list!	NO onday				m+f	m+f	m+f
TBC	Tuesday	8.00pm	WCAC Anniversary 4 minute mile		Stanney							all		
8th	Wednesday	7.45pm	Wirral Endurance Series Track 5K,		Oval, Bebington	£3.00	on night						m+f	m+f
9th	Thursday	6.15pm	Mow Cop 'Killer' Mile - / - 'Fun Run'		nr Kildsgrove ST7 3LS	£8.50/ 6.50	May 5th					m+f	m+f	m+f
11th	Saturday	8.30am	Sandstone Trail Challenge		Whitchurch > Frodsham	£20.00	125run 125 [14+]	walk					m+f	m+f
.	Saturday	12 noon	CAU Fell Championships - senior		Flower Scar, Todmorden	£5.00	on day						m+f	
11/12th	Sat/Sun	10/10.15	Cheshire T&F Championships		Macclesfield	£6/ event	5th May						m+f	m+f
12th	Sunday	11.00am	Market Drayton 10K		Market Drayton	£22/20.00	waiting list!					15+	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
14th	Tuesday		ESAA Schools Cup,1st Round		Macclesfield	School	28th Feb					Jun	Int	
17th	Friday	7.15pm	Christleton 5K		Christleton CH3 7AD	£12/10.00	o-l	16th May	Limit 500			16+	m+f	m+f
18th	Saturday	11.00am	Tk 11.30am YDL Lo NPremW Rd2		Wavertree	Club						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
21st	Tuesday	7.15pm	Thurstaston M-T Challenge (PensbyR)		Wirral Country Park	£6.00/4.00	4th May	+£1	On Day			17+	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		
23rd	Thursday	7.15pm	Dunham Massey Park 5K [NCGP1]		Dunham Massey	£9.30/7.30	20th Jun	£32/24	Seri 400	12+		m+f	m+f	
25/26th	Sat/Sun		England (+NA) Combined Events		Bedford	£20.00	7th May						m+f	m+f
26th	Sunday	11.10T/10	Tk 11.40am YDL Up W2 Rd2		Stanney	Club							m+f	m+f
.	Sunday	11.30am	Mynydd Myfyr Hill Run (SY10 9DY)		Trefonen, Oswestry	£7.00	On Day only					15+	m+f	m+f
27th	Monday	noon	Trafford open Medal meeting		Longford Park M21 9TA	£6+£2forothe spectator	£2					m+f	m+f	m+f
28th	Tuesday	7.00pm	Queens Park Quacker 5K series		Queens Park, Crewe	£7.3/5.20	17.6/11.50	se 200limit	o11			m+f	m+f	m+f
29th	Wednesday	7.00pm	Wirral Seaside Run - 5K		Moreton CH46 4TA	£7/ 5.00	Limit 500					11+	m+f	m+f
30th	Thursday	7.30pm	Birchwood Brook 5K [NCGP2]		Birchwood Comm. HS	£9.30/7.30	28th May	£34/24	Seri 400	12+		m+f	m+f	
>>>>>	June	2019	<<<<<<											
1st														
1/2nd	Sat/Sun	10.30am	NoAth T&F Championships		Sport City	£12 + 8add	21st May	£6 additional					m+f	m+f
2nd	Sunday	7.10am	Deva Triathlon - Olympic/ Middle		Grosvenor Pk, Chester	£68>31Mar	5th Jun						m+f	
.	Sunday		Cheshire Track Relays		Crewe	£8.00/team	8th Jun						m+f	m+f
5th	Wednesday	7.30pm	Birkenhead Park 5M +family 7.00pm		Birkenhead	£12/10.00	+ch o-l only	FR £2.5	on day			15+	m+f	m+f
6th	Thursday	7.15pm	Bowdon 5K [NCGP3]		Bowdon	£9.30/7.30	3rd Jun	£34/24	Seri 400	12+		m+f	m+f	
TBC	Thursday	7.30pm	Deestridders Offroad 1 of 4		former Tata Sports & SC	£7/5.00 -	£14/12 series						m+f	m+f
8th	Saturday	9.45am	Cheshire Schools T&F Champs		Warrington	School	24th May					Jun	Int	Sen

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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
9th	Sunday	11.00am	Passing Clouds	ST13 8SW	Tittesworth R. Vis/Cen	£6 + CP	On day only					18+	m+f
11th	Tuesday	12 noon	ESSA Schools Cup Reg A Round		Blackpool	School	qualify			Jun	Int		
12th	Wednesday	7.30pm	Park Hall 5K (OsOly SY11 4AS)		OswestryRugbyClub	two prices!	On line			14+	m+f	m+f	m+f
	Wednesday	7.45pm	Wirral Endurance Series Track 3K,		Oval, Bebington	£3.00	on night					m+f	m+f
13th	Thursday	7.15pm	Dunham Massey Park 5K [NCGP4]		Dunham Massey	£9.30/7.30	9th Jun	£34/24	Seri	400	12+	m+f	m+f
15th	Saturday	10.30am	Mason Trophy, Intercountry		Alexander Stadium	County				Jun	Int		
16th	Sunday	11.30am	Northern T&F Division 1 Rd2		Wigan	Club						m+f	m+f
	Sunday	10.00am	BTR - Port Sunlight 5k		Port Sunlight	£20/18.00	+fee online			13+	m+f	m+f	m+f
	Sunday	11.00am	BTR - Port Sunlight 10k		Port Sunlight	£25/23.00	+fee online			15+	m+f	m+f	
19th	Wednesday	12 noon	ESSA Schools Cup Reg B Round		Warrington	School	qualify			Jun	Int		
	Wednesday	7.15pm	Robbie Websters Wobble		Forest Hills, Frodsham	£5.00	On day 6:15/7pm					m+f	m+f
20th	Thursday		Chester & District T&F Champs		Deeside	School				Yr	9, 10 & 11		
	Thursday	7.30pm	Warrington RR 10K		Woolston,Linear Park	£14/12.00	noon 20th Jun				18+	m+f	m+f
21st	Friday	7.15pm	Tattenhall 'Tough Team' - 9.5 mile		Tattenhall	£10.00/ 8.00/	entrant	Limit 100 teams		o17	m+f	m+f	
22nd	Saturday	11.00am	Tk 11.30am YDL Lo NPremW Rd3		Stockport	Club				m+f	m+f		m+f
	Saturday	3.00pm	CAU Fell Championships u17 u19		Darren Jones Clougha Pike @	£2+£2.50	to show field	onday			m+f	m+f	
22/23rd	Sat/Sun	10.00am	EAu23/u20Champs		Bedford	on sign in	29th May	£7 additional				m+f	u23
	Sat 10.30/ Sun 10.00		ESAA Combined Events Reg Rd		Crewe	School	30th May			Jun	Int	Sen	
23rd	Sunday	10.00am	Hollins Green 5k [NCGP5]		Hollins Green	£9.30/7.30	20th Jun	£34/24	Seri	400	12+	m+f	m+f
	Sunday	10.00am	Colshaw Hall 10k		Over Peover, Knutsford	£21/ 19.00	3rd Jun?				o16	m+f	
	Sunday	10.30am	PLS 10K Race		Riversdale Police Club	£16.5/14.50	22nd Jun	490 Limit			16+	m+f	m+f
24th	Monday	4.30pm	Cheshire Minors Champs		Warrington	School	9th Jun			Yr7			
25th	Tuesday	7.00pm	Queens Park Quacker 5K series		Queens Park, Crewe	£7.3/5.20	17.6/11.50	se	200limit	o11	m+f	m+f	m+f
26th	Wednesday	7.00pm	Wirral Seaside Run - 5K		Moreton CH46 4TA	£7/ 5.00	Limit 500			11+	m+f	m+f	m+f
27th	Thursday	4.00pm	WCAC Invitation Schools Cup		Stanney	School				Jun	Int	Sen	
28th	Friday	1-3.00pm	Chester Primary Schools		Stanney	School				m+f			
29th													
30th	Sunday	11.10T/10	Tk 11.40am YDL Up W2 Rd3		Blackpool	Club						m+f	m+f
>>>>>	July	2019	<<<<<<										
3rd	Wednesday	5.00pm	"Trajan" Cheshire/Merseyside		Stanney	County				Yr7			
	Wednesday	7.30pm	Forest Park 5K [Ladies]		Birchwood	£7.5/ 5.50	29th Jun	400 limit	12+	f	f	f	
TBC	Thursday	7.00pm	Waverton Fun Run		Christleton to Waverton	£4 adult £2	u18	all					
TBC	Thursday	7.30pm	Deestridders Offroad 2 of 4		former Tata Sports & SC	£7/5.00 -	£14/12 series					m+f	m+f
6th	Saturday		ESAA Schools Cup, Final		Gateshead	School	qualify			Jun	Int		
	Saturday	11.30am	Cheshire League Rd2		Stanney	Club						m+f	m+f
7th	Sunday	9.00am	Chester Race for Life		Roodee	£14.99				Ladies only	o16	f	f
	Sunday	9.30am	Alderley Bypass 10K		Wilmslow	£21/19.00	3rd Jul					m+f	m+f
	Saturday	11.00am	NoA Inter-County T&F Champs		Middlesborough SV	County						m+f	m+f
	Sunday	14.30pm	Langley Fete (see Fell R Assc)		SJ942717	£4.00	after 1pm				14+	m+f	m+f
9th	Thursday	7.30pm	Wizard 5 m M-T (SK10 4UB)		Alderley Edge NT CP	waiting list	SJ860776	SK10 4UB				m+f	m+f
10th	Wednesday	7.45pm	Wirral Endurance Series Track 10K,		Oval, Bebington	£3.00	on night					m+f	m+f
12/13th	Fri/Sat	10.00am	ESSA T&F Championships		Alexander Stadium	County	23rd Jun			Jun	Int	Sen	
14th	Sunday	8.30am	Deva Divas Triathlon		Meadows, Chester	£45.00	10th July	350 limit				f	f
20th	Saturday	11.00am	Tk 11.30am YDL Lo NPrem1 Final/Plat		Preston/Sheffield	Club						m+f	m+f
	Saturday		SIAB T&F International		Swansea, Wales	Country						Int	
21st	Sunday	11.30am	Northern T&F Division 1 Rd3		Stanney	Club						m+f	m+f
27th	Saturday	1.00pm	Gyrn Gallop (Os Oly)		Rhiwlas SY10 7JH	£5.00	on the day					m+f	m+f
27/28th	Sa/Su	noon	UK Champs		Manchester								m+f
28th	Sunday	11.00am	(Cute) Helena Tipping 10K		Wrexham LL13 9PH	£16/14.00	subject to limit	300limit			15od	m+f	m+f
30th	Tuesday	7.00pm	Queens Park Quacker 5K series		Queens Park, Crewe	£7.3/5.20	17.6/11.50	se	200limit	o11	m+f	m+f	m+f
31s	Wednesday	7.00pm	Wirral Seaside Run - 5K		Moreton CH46 4TA	£7/ 5.00	Limit 500			11+	m+f	m+f	m+f
	Wednesday	7.30pm	Sefton Park 5 (Mossley Hill)		Sefton Pk, Liverpool	£16.5/14.50	on-line				16+	m+f	m+f