

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, NZ (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)

02-Mar parkruns (1M)
03-Mar Anglesey HM (2M, 1F)
03-Mar Borders Lge 5.5ml, Birkenhead Pk (17M, 5F)
03-Mar Could 9 Fell Race, Congleton (1M, 1F)
09-Mar Pipe Dream Fell Race, Dolgarrog (1F)
10-Mar Chester 10K (16M, 13F)
10-Mar Knighton 20 mile, Staffs (1M)
10-Mar Liverpool HM (3M)
17-Mar Lisbon HM, POR (4F)
17-Mar Wigan Festival 10 ml (1F)
17-Mar Wrexham Festival HM (1F)
17-Mar Wrexham Festival 20 ml (1F)
23-Mar parkruns (2M)
24-Mar NA 12/6 stage relays, Birkenhead (8M, 6F)
24-Mar Wilmslow HM (3M)
27-Mar Wirral Seaside 5K (1M)
28-Mar WCAC Track Trials 3000m (7M, 3F)
30-Mar parkruns (3M, 1F)