

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
>>>>>	May	2019	<<<<<<										
4th	Saturday	11.45am	Cheshire League	Rd1	Connah's Quay	Club	On Day	m+f	m+f	m+f	m+f	m+f	m+f
5th	Sunday	11.15F	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
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 Kidsgrove ST7 3LS	£8.50/ 6.50	May 5th	m+f	m+f	m+f	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
TBC	Sunday	11.30am	Ffrith 5K		Ffrith Complex LL19 7AR	£12/10.00	9th May					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
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
21st	Tuesday	7.15pm	Thurstaston M-T Challenge (PensyR)		Wirral Country Park	£6.00/4.00	4th May	+£1 On Day				17+	m+f
.	Sunday	11.30am	Northern T&F Division 1	Rd1	Blackburn	Club							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
26th	Sunday	11.10T/10	Tk 11.40am YDL Up W2	Rd2	Stanney	Club							m+f
.	Sunday	11.30am	Mynydd Myfyr Hill Run (SY10 9DY)		Trefonen, Oswestry	£7.00	On Day only					15+	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	m+f
29th	Wednesday	7.00pm	Wirral Seaside Run - 5K		Moreton CH46 4TA	£7/ 5.00	Limit 500			11+	m+f	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
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
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
6th	Thursday	7.30pm	Deestriders Offroad 1 of 4		former Tata Sports & SC	£7/5.00 -	£20/15 series						m+f
8th	Saturday	9.45am	Cheshire Schools T&F Champs		Warrington	School	24th May			Jun	Int	Sen	
9th	Sunday	11.00am	Passing Clouds ST13 8SW		Tittesworth R. Vis/Cen	£6 + CP	On day only						18+
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
.	Wednesday	7.30pm	Hotfoot Up Famau		Car Park - OS 163605	£4.00	On Day					16+	m+f
.	Wednesday	7.45pm	Wirral Endurance Series Track 3K,		Oval, Bebington	£3.00	on night						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
.	Sunday	10.00am	BTR - Port Sunlight 5k		Port Sunlight	£20/18.00	+fee online			13+		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
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
.	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

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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	
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	se200limit	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	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	Saturday	11.00am	Wepre Park Run		Wepre Park CH5 4HL	Free	Sign up to PR					m+f	m+f	m+f
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					
4th	Thursday	7.30pm	Deestridders Offroad 2 of 4		former Tata Sports & SC	£7/5.00 -	£20/15 series					m+f	m+f	m+f
6th	Saturday		ESAA Schools Cup, Final		Gateshead	School	qualify			Jun	Int			
.	Saturday	11.30am	Cheshire League		Stanney	Club				m+f	m+f	m+f	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	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	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	m+f
10th	Wednesday	7.45pm	Wirral Endurance Series Track 10K,		Oval, Bebington	£3.00	on night					m+f	m+f	
11th	Thursday	7.30pm	Alderford Lake "AGRO" Lake relay		Whitchurch SY13 3JQ	£18/ Team	28th Jun	120	limit			o15	m+f	
12/13th	Fri/Sat	10.00am	ESSA T&F Championships		Alexander Stadium	County	23rd Jun			Jun	Int	Sen		
13th														
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		Stanney	Club						m+f	m+f	m+f
24th	Wednesday	7.30pm	Green Green Grass of Home		Llangynhafal, LL16 4LN	£4.00	on the day					m+f	m+f	m+f
27th	Saturday	1.00pm	Gym 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	se200limit	o11	m+f	m+f	m+f		
31st	Wednesday	7.00pm	Ponderosa Fell Race		Ponderosa LL20 8DR		On day (before 6.45pm)			o16	m+f	m+f		
.	Wednesday	7.00pm	Wirral Seaside Run - 5K		Moreton CH46 4TA	£7/ 5.00	Limit 500		11+	m+f	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
>>>>>		August	2019		<<<<<<									
1st	Thursday	7.30pm	Deestridders Offroad 3 of 4		former Tata Sports & SC	£7/5.00 -	£20/15 series					m+f	m+f	m+f
3rd	Saturday	2.30pm	Teggs Nose (see Fell R Assc)		Sutton, Macclesfield	£3 + £5.00	to Sheep Dog field!!!					18+	m+f	
3/4th	Sat/Sun	10.45am	England (+NA) Combined Events		Manchester	tba	tba					m+f	m+f	
4th	Sunday	12 noon	Cheshire League		Trafford	Club				m+f	m+f	m+f	m+f	m+f
7th	Wednesday	7.30pm	Pie & Peas 5M		Moulton, nrWinsford	£15/13.00	waiting list!			o15	m+f	m+f		
.	Wednesday	7.45pm	Wirral Endurance Series Track 5K,		Oval, Bebington	£2.00	on night					m+f	m+f	
10th	Saturday	11.30am	Northern T&F Division 1		Wakefield	Club						m+f	m+f	m+f
11th														
17th	Saturday	2.05pm	Race the Train (35th) 14mile		Tywyn, Mid-Wales	£32/30.00	2nd Aug + £5 after					o17	m+f	
17/18th	Sat/Sun	10.30am	NoAth T&F Championships		Wavertree	tba	tba			m+f	m+f	m+f		
18th	Sunday	10.00am	Birchwood 10K		Birchwood	£19./17.00	16th Aug	1300limit		15+	m+f	m+f		
TBC	Sunday	11.30am	Northern T&F Promotion Match		Trafford	League	Qualify in L					m+f	m+f	m+f
21st	Wednesday	7.15pm	Capenhurst 5K (EPRC)		Capenhurst CH1 6EH	£12/10.00			300	limit	13+	m+f	m+f	m+f
24th														
24/25th	Sat/Sun		Müller British Athletics Championships		Alexander Stadium									
25th	Sunday	11.15am	Ellesmere 10K (OsOly)		Ellesmere, SY12 0EA.	£18/16.00	23rd online	500limit	15+	m+f	m+f	m+f		
26th	Monday	noon	Trafford open Medal meeting		Longford Park M21 9TA	£6+£2for	o the spectator £2		m+f	m+f	m+f			
.	Monday	1.00pm	Cilcain Show (see Fell R Assc)		Cilcain	£5.00	On day					16	m+f	m+f
28th	Wednesday	7.00pm	Wirral Seaside Run - 5K		Moreton CH46 4TA	£7/ 5.00	Limit 500		11+	m+f	m+f	m+f	m+f	
.	Thursday	7.15pm	(Cute) Mid-Cheshire 5K (2016 2nd)		Kingsley cricket club	£13/11.00	£2 ex onday			13+	m+f	m+f	m+f	