

West Cheshire AC - fixtures - 2019

Colour Code							Club Promotions_Marshals_Officials_!!!!						
Sport/hall	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
>>>>>	June	2019	<<<<<<										
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>31 Mar	5th Jun	m+f					
.	Sunday	11.00am	Cheshire Track Relays		Crewe	£8.00/team	31st May	m+f m+f m+f m+f 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		
.	Thursday	7.30pm	Deestridders Offroad 1 of 4		former Tata Sports & SC	£7/5.00 -	£20/15 series		m+f m+f m+f				
8th	Saturday	9.45am	Cheshire Schools T&F Champs		Warrington	School	24th May	Jun		Int Sen			
8/9th	Sat 10.00/ Sun 07.00	Welsh Castles Relay		Caernarfon to Cardiff		m+f m+f							
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	7.30pm	Hotfoot Up Famau		Car park - OS 163605	£4.00	On Day		16+ 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 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		Oval, Bebington	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			
24th	Monday	4.30pm	Cheshire Minors Champs		Warrington	School	9th Jun	Yr7					
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	1.10T/10.1	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
4th	Thursday	7.00pm	Waverton Fun Run		Christleton to Waverton	£4 adult £2 u18	all						
.	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	11.00am	NoA Inter-County T&F Champs		Middlesborough SV	County	m+f m+f						
.	Saturday	11.30am	Cheshire League Rd2		Stanney	Club	m+f 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					
.	Sunday	14.30pm	Langley Fete (see Fell R Assc)		SJ942717	£4.00	after 1pm		14+ m+f m+f m+f				
9th	Tuesday	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	k 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 m+f						
24th	Wednesday	7.30pm	Green Green Grass of Home		Llangynhafal, LL16 4LN	£4.00	on the day						
27th	Saturday	1.00pm	Gym Gallop (Os Oly)		Rhiwias SY10 7JH	£5.00	on the day		m+f m+f				
27/28th	Sat/Sun	noon	UK Champs		Manchester	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	
28th	Sunday	11.00am	(Cute) Helena Tipping 10K		Wrexham LL13 9PH	£16/14.00	subject to limit	300limit			15od	m+f	m+f	
31st	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	
.	Wednesday	7.00pm	Ponderosa Fell Race		Ponderosa LL20 8DR	Pay	On day (before 6.45pm)				o16	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 Rd3		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 Rd4		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	m+f	
26th	Monday	noon	Trafford open Medal meeting		Longford Park M21 9TA	£6+£2forothe	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	
29th	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
31st														
>>>>>	September	2019	<<<<<<											
1st	Sunday	9.30am	South Cheshire 20		Shavington, Crewe	£17/15.00	NO on day	250 limit				18+	m+f	
.	Sunday	11.30am	Cheshire League Rd4		Stanley	Club			m+f	m+f	m+f	m+f	m+f	
TBC	Tuesday	7.00pm	Multi-Ter League 2/4mile CH61 ONH			£1.00	1 st Members			12	m+f	m+f	m+f	m+f
4th	Wednesday	7.45pm	Wirral Endurance Series Track 3K,		Oval, Bebington	£2.00	on night					m+f	m+f	
6th	Friday	7.00pm	Deestridders Offroad 4 of 4		former Tata Sports & SC	£7/5.00 -	£20/15 series					m+f	m+f	m+f
7th														
8th	Sunday	9.30am	BTR - Wirral Half Marathon		B'head Pk to New Brighton	£30/28.00	+1.5 cheque	2500limit				17+	m+f	
.	Sunday	9.30am	BTR - Wirral 10K		B'head Pk to New Brighton	£25/23.00	+1.5 cheque	2500limit				16+	m+f	m+f
.	Sunday	10.30am	NWCounties(Cheshire)RoadRelays		Edge Hill College	Club-online	2nd Sept		m+f	m+f	m+f	m+f	m+f	
.	Sunday	11.00am	Sandbach 10K		Sandbach CW11 1RG	£16/14.00	Fri 6th Sep	Limit 300			16+	m+f	m+f	
.	Sunday	1.00pm	Vyrnwy Half Marathon		Abertridwr	bookit zone	1st Aug or 1800					May 1st Oper	m+f	m+f
TBC	Tuesday	7.00pm	Multi-Ter League 2/4mile CH45 3QS			£1.00	1 st Members			12	m+f	m+f	m+f	m+f
15th	Sunday	9.00am	English Half Marathon		Victoria Pk, Warrington	£35.99/33.99	by 31st Aug					o17	m+f	
.	Sunday	9.00am	EHM 10k		Victoria Pk, Warrington	£30.99/28.99	by 31st Aug					m+f	m+f	m+f
.	Sunday	11.00am	Sutton 6 10K		Guilden Sutton	£11/9.00	15th Sept					m+f	m+f	m+f
TBC	Tuesday	6.30pm	Multi-Ter League 2/4mile CH48 1NP			£1.00	1 st Members			12	m+f	m+f	m+f	m+f
21/22nd	Sat/Sun	9.30/9am	ESAA CombinedEvents/Walks		Exeter, Devonshire		Qualify from Regional					m+f	m+f	u19
22nd	Sunday	10.00am	Macclesfield ½ Mar		Macclesfield	£25/ 23.00	20th Sep	800limit			+£4 onday??	m+f	m+f	
.	Sunday	10.00am	Macclesfield 10k		Macclesfield	£20/18.00	21st Sep	200limit			+£4 onday??			
.	Sunday	10.am	Macclesfield 5k		Macclesfield	£12/10.00	22nd Sep	400limit			+£4 onday??			
TBC	Tuesday	6.30pm	Multi-Ter League 2/4mile CH49 5LW			£1.00	1 st Members			12	m+f	m+f	m+f	m+f
28th	Saturday	12.00pm	North Staffs League 1 CW7 2PT		KnightsGrange,Winsford	Club	1 st Members		m+f	m+f	m+f	m+f	m+f	m+f
29th	Sunday	10.00am	(Cute) Sandstone Trail Race		Duckington>Delamere	£16.00A&B	56 Waiting	600Limit				m+f	m+f	