

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)	06-Apr	parkruns (2M)
05-Jan	Cheshire CC Champs, Birchwood (9M, 7F)	07-Apr	Darwen Heritage HM (1M)
05-Jan	parkruns (4M)	07-Apr	Manchester Marathon (6M)
05-Jan	Wirral Way 10K MT (1F)	07-Apr	Mow Cop 6.2 ml Hill race (1M, 1F)
12-Jan	Benicassim 10K (1M)	07-Apr	St J Talbot's School 10K, Whitchurch (1F)
12-Jan	North Wales CC League (12M, 12F)	10-Apr	Chester Spring 5 ml (19M, 4F, 10h)
12-Jan	parkruns (2M)	13-Apr	parkruns (5M)
19-Jan	parkruns (2M)	14-Apr	Mersey Tunnel 10K (5M, 2F)
20-Jan	4 Villages HM (17M, 4F)	14-Apr	Whitley Village 10K (1M)
20-Jan	Salomon Skyline Traverse 27K, NZ (1M)	19-Apr	Manchester to Liverpool Ultra 50 ml MT (1M)
26-Jan	Northern CC Champs, Pontefract (2M, 4F)	20-Apr	parkruns (4M, 2F)
26-Jan	Big Easy Mountain Marathon MT 42 km, NZ (1M)	20-Apr	Rivington Pike Fell race (3M, 1F)
26-Jan	parkruns (2M, 1F)	24-Apr	Borders League 4 ml, Ffrith (15M, 9F)
27-Jan	Borders League 9.8K, Tattenhall (19M, 5F)	24-Apr	Wirral Seaside 5 km (1M, 1F)
02-Feb	North Wales CC League (6M, 8F)	26-Apr	Mid-Cheshire 5K, Kingsley (6M, 2F)
02-Feb	parkruns (2M)	27-Apr	Llangynhafal Loop Fell race (2M, 1F)
03-Feb	Alsager 5 mile (1M)	28-Apr	Blackpool Marathon (1M)
03-Feb	Southport Mad Dog 10K (1M, 1F)	28-Apr	London Marathon (7M, 3F)
09-Feb	Northern Masters CC Champs, Winsford (1M)		
09-Feb	parkruns (4M)		
09-Feb	Tanawera Ultra 100 km, Rotorua, NZ (1M)		
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)		
19-Mar	Falesia 5K, POR (2M)		
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)		