

**List of events (with numbers taking part) in 2019***NOTE : parkruns are only included if they meet the performance criteria (total number of WCAC seniors running also shown)***January to June inclusive**

01-Jan	parkruns (1F) (19 ran)	14-Apr	Whitley Village 10K (1M)
05-Jan	Cheshire CC Champs, Birchwood (9M, 7F)	19-Apr	Manchester to Liverpool Ultra 50 ml MT (1M)
05-Jan	parkruns (4M) (18 ran)	20-Apr	parkruns (4M, 2F) (18 ran)
05-Jan	Wirral Way 10K MT (1F)	20-Apr	Rivington Pike Fell race (3M, 1F)
12-Jan	Benicassim 10K (1M)	24-Apr	Borders League 4 ml, Ffrith (15M, 9F)
12-Jan	North Wales CC League (12M, 12F)	24-Apr	Wirral Seaside 5 km (1M, 1F)
12-Jan	parkruns (2M) (12 ran)	26-Apr	Mid-Cheshire 5K, Kingsley (6M, 2F)
19-Jan	parkruns (2M) (14 ran)	27-Apr	Llangynhafal Loop Fell race (2M, 1F)
20-Jan	4 Villages HM (17M, 4F)	27-Apr	parkruns - no qualifying performances (13 ran)
20-Jan	Salomon Skyline Traverse 27K, NZ (1M)	28-Apr	Blackpool Marathon (1M)
26-Jan	Northern CC Champs, Pontefract (2M, 4F)	28-Apr	London Marathon (7M, 3F)
26-Jan	Big Easy Mountain Marathon MT 42 km, NZ (1M)		
26-Jan	parkruns (2M, 1F) (13 ran)	04-May	Cheshire T&F Lge, Connahs Quay, 3000m (3F)
27-Jan	Borders League 9.8K, Tattenhall (19M, 5F)	04-May	parkruns (4M, 3F) (19 ran)
		05-May	Liverpool Spring 5K (1M)
02-Feb	North Wales CC League (6M, 8F)	05-May	Llangollen 10K Trail (1F)
02-Feb	parkruns (2M) (7 ran)	05-May	Luca HM, Italy (1F)
03-Feb	Alsager 5 mile (1M)	06-May	Delamere 10K Trail (7M, 2F)
03-Feb	Southport Mad Dog 10K (1M, 1F)	11-May	Flower Scar Fell race Inter Counties) (2F)
09-Feb	Northern Masters CC Champs, Winsford (1M)	11-May	parkrun (1M) (16 ran)
09-Feb	parkruns (4M) (13 ran)	17-May	Christleton 5K (13M, 3F)
09-Feb	Tanawera Ultra 100 km, Rotorua, NZ (1M)	18-May	parkrun (1F) (14 ran)
10-Feb	Liverpool & Dist CC Champs (1M, 1F)	19-May	Anderton Boat Lift 10K MT (1F)
10-Feb	Nick Beer 10K, Llandudno (2F)	19-May	Chester HM (27M, 11F, 13h)
16-Feb	parkruns (4M, 1F) (14 ran)	19-May	Great Manchester 10K (1F)
17-Feb	Great NW HM, Blackpool (1M)	19-May	Great Manchester HM (1F)
17-Feb	Village Bakery HM, Wrexham (11M, 4F)	19-May	NA T&F League, Blackburn; 3000m (2F)
23-Feb	ECCA CC Champs, Leeds (3M, 2F)	21-May	Thurstaston MT 6 mile (2F)
23-Feb	parkruns (1M, 1F) (13 ran)	23-May	Dunham Massey-1 5K (1M)
23-Feb	Rhyl 10 mile (3M, 1F)	24-May	Gulf Shores 5000m track, USA (1F)
24-Feb	Oulton Pk 10K (1M)	25-May	Gulf Shores 5000m track final, USA (1F)
24-Feb	Ruthin 5K (1M)	25-May	parkruns (2M) (19 ran)
		26-May	Liverpool Rock 'n' Roll HM (2M, 1F)
02-Mar	parkruns (1M) (12 ran)	26-May	Liverpool Rock 'n' Roll Marathon (2M, 2F)
03-Mar	Anglesey HM (2M, 1F)	26-May	Mynydd Myfyr Fell Race (7M, 3F)
03-Mar	Borders Lge 5.5ml, Birkenhead Pk (17M, 5F)	29-May	Wirral Seaside 5K (1M, 1F)
03-Mar	Could 9 Fell Race, Congleton (1M, 1F)	30-May	Birchfield Brook 5K MT (2M, 2F)
09-Mar	parkruns - no qualifying performances (7 ran)		
09-Mar	Pipe Dream Fell Race, Dolgarrog (1F)	01-Jun	Abersoch 10K MT (1M, 1F)
10-Mar	Chester 10K (16M, 13F)	01-Jun	parkruns (1M, 1F) (24 ran)
10-Mar	Knighton 20 mile, Staffs (1M)	01-Jun	Windle Trout Fell Race (1M, 1F)
10-Mar	Liverpool HM (3M)	05-Jun	Beast Fell Race (1M, 1F)
16-Mar	parkruns (1F) (16 ran)	05-Jun	Birkenhead Park 5 ml (4M, 3F)
17-Mar	Lisbon HM, POR (4F)	06-Jun	Bowdon 5K (1M)
17-Mar	Vale of Clwyd 10K (1M, 1F)	08-Jun	parkrun (1M) (12 ran)
17-Mar	Wigan Festival 10 ml (1F)	8/9 Jun	Welsh Castles Relay 20 stages (12M/7F + 1junior)
17-Mar	Wrexham Festival HM (1F)	09-Jun	Fairford 10K (1M, 1F)
17-Mar	Wrexham Festival 20 ml (1F)	12-Jun	Hot Foot up Famau 3.5 mile fell (3M, 2F)
19-Mar	Falesia 5K, POR (2M)	12-Jun	Park Hall, Oswestry 5 km (1M)
23-Mar	parkruns (2M) (11 ran)	13-Jun	Dunham Massey-2 5 km (2M, 1F)
24-Mar	NA 12/6 stage relays, Birkenhead (8M, 6F)	15-Jun	parkrun (1F) (10 ran)
24-Mar	Wilmslow HM (3M)	16-Jun	NA T&F Lge, Wigan 5000m (1M), 300mS/c (1M)
27-Mar	Wirral Seaside 5K (1M)	16-Jun	Port Sunlight 5 km (1F)
28-Mar	WCAC Track Trials 3000m (7M, 3F)	16-Jun	Port Sunlight 10 km (2M, 2F)
30-Mar	parkruns (3M, 1F) (21 ran)	19-Jun	Robbie Webster Wobbler Fell race (5M, 7F)
		21-Jun	Tattenhall Tough Team race MT (9M, 7F)
06-Apr	parkruns (2M) (17 ran)	22-Jun	parkruns (1M, 1F) (14 ran)
07-Apr	Darwen Heritage HM (1M)	23-Jun	Colshaw Hall 10 km (2M)
07-Apr	Manchester Marathon (6M)	23-Jun	Hollins Green 5 km (1F)
07-Apr	Mow Cop 6.2 ml Hill race (1M, 1F)	23-Jun	Moel y Gamelin Fell Race (1M, 1F)
07-Apr	St J Talbot's Sch 10K, Whitchurch (1F)	23-Jun	Penny Lane 10 km (1F)
10-Apr	Chester Spring 5 ml (19M, 4F, 10h)	26-Jun	Wirral Seaside 5K (4M, 4F)
13-Apr	parkruns (5M) (21 ran)	29-Jun	parkruns (2M, 1F) (28 ran)
14-Apr	Llangollen Fell Race, 16 mile/3000ft (1M)	30-Jun	Tilston 10 km (1M, 2F)
14-Apr	Mersey Tunnel 10K (5M, 2F)		