

# West Cheshire AC - fixtures 2019-2020

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	Schools	Age Groups							
Date	Day	Time	Event		Venue	Entry	Close/date	u11	u13	u15	u17	Jun	Sen	
>>>>>	<b>September 2019</b>		<<<<<<											
1st	Sunday	9.30am	South Cheshire 20		Shavington, Crewe	£17/15.00	NO on day	250 limit				18+	m+f	
.	Sunday	9.30am	Cheshire Half Marathon Arley Hall		Arley Hall	£26.00	to July 31st					m+f	m+f	
.	<b>Sunday</b>	<b>11.30am</b>	<b>Cheshire League Rd4</b>		<b>Stanney</b>	<b>Club</b>		m+f	m+f	m+f	m+f	m+f	m+f	
3rd	Tuesday	7.00pm	Multi-Ter League 2/4mile CH48 1NP		RoydenPark, Frankby	£1.00	1 <sup>st</sup> 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	
7th	Saturday	10.30am	<b>YDL lower Final</b>		<b>Sport City</b>	<b>Premier</b>	<b>Qualify</b>		m+f	m+f				
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	
.	<b>Sunday</b>	<b>10.15am</b>	<b>YDL upper Final</b>		<b>Sport City</b>	<b>Premier</b>	<b>Qualify</b>					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	
.	Sunday	1.00pm	Vyrnwy Half Marathon		Abertridwr	bookit zone	1st Aug or 1800	May 1st Oper					m+f	
10th	Tuesday	7.00pm	Multi-Ter League 2/4mile CH61 0HN		Wirral CP, Thurstaston	£1.00	1 <sup>st</sup> Members		12	m+f	m+f	m+f	m+f	
14th	Saturday													
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	
.	<b>Sunday</b>	<b>11.00am</b>	<b>Sutton 6 10K</b>		<b>Guilden Sutton</b>	<b>£11/9.00</b>	15th Sept					m+f	m+f	
.	Sunday	11.30am	NoAthletics YoungAthletesRelays		Sport City	Club-online	6th Sep		m+f	m+f	m+f			
.	Sunday	2.00pm	NoA (M6&W4stage)RoadRelays		Sport City	Club-online	6th Sep						m+f	
17th	Tuesday	6.30pm	Multi-Ter League 2/4mile CH45 3QS		Beach, Harrison Drive	£1.00	1 <sup>st</sup> Members		12	m+f	m+f	m+f	m+f	
21st	Saturday	10 00am	ESSAR WCAC Schools CC - Race 1		Stanney	School	Yr 3 to 8	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??						
24th	Tuesday	6.30pm	Multi-Ter League 2/4mile CH49 5LW		Arrowe Park	£1.00	1 <sup>st</sup> Members		12	m+f	m+f	m+f	m+f	
28th	Saturday	09.30am	Final Fling (Throws Meet)		Wrexham LL13 8UH	£10+5 /extr	Mon 9th	m+f	m+f	m+f				
.	Saturday	12.00pm	North Staffs League 1 CW7 2PT		KnightsGrange,Winsford	Club	1 <sup>st</sup> Members	m+f	m+f	m+f	m+f	m+f	m+f	
29th	Sunday	09.30am	Final Fling (Throws Meet)		Wrexham LL13 8UH	£10+5 /extr	Mon 9th					m+f	m+f	
.	Sunday	10.00am	(Cute) Sandstone Trail Race		Duckington>Delamere	£16.00A&B	56 Waiting	600Limit				m+f	m+f	
30th	Monday	4.00pm	Chester Primary Schools CC		Stanney	School								
>>>>>	<b>October 2018</b>		<<<<<<											
1st>12th	Mon - Fri		ESAA Cross Country Cup		Preliminary Rounds	School	15th Jun	Jun Int						
3rd	Thursday	3.30pm	Eil Port Primary Schools CC		Stanney	School		Yr 3>10						
5th	Saturday	2.00pm	North Wales CC League 1		Wrexham LL13 9NG	Club	1 <sup>st</sup> Members				m	m+f	m+f	
6th	Sunday	9.00am	MBNA Chester Marathon		Roodee, CH1 2LY	£49.5/47.50	to July 31st						m+f	
.	Sunday	9.30am	Congleton ½Mar		Congleton HS CW12 4NS	£22.0/19.60	£16.50 no T/medal					m+f	m+f	
.	Sunday	10.15am	MBNA Chester Metric Marathon		Roodee, CH1 2LY	£49/47.00	to July 31st					m+f	m+f	
.	Sunday	10.30am	NationalYoungAthletes RoadRelays		Sutton Park	Club	o-line		m+f	m+f	m+f			
.	Sunday	12/1.30pm	ERRA National 4/6 Stage Relays		Sutton Park	Men (Area Qualification)	(o-Line 29th Sep)					m+f	m+f	
.	Sunday	12.30pm	NW Indoor Sportshall League Rd1		Widnes or Crewe	Club/£2.50		m+f	m+f	m+f				
12th	Saturday	11.00am	Liverpool & Dist CC League I		Sherdley Park	Club						m	m+f	
.	Saturday	12.15pm	Manchester Area CC League Rd1		Wythenshawe	Club	XXX	m+f	m+f	m+f	m+f	m+f	m+f	
13th	Sunday	10.00am	(Cute) Farndon 10k		Farndon	£18/16.00						o16	m+f	
.	Sunday	11.00am	Borders League - 1 - Eryri		Caernarfon	Club						m+f	m+f	
TBC	Monday	4.00pm	Chester District Schools (Boys)		Bishop Heber	School		Min	Jun	Int	Sen			
TBC	Tuesday	4.00pm	Chester District Schools (Girls)		Christleton	School		Min	Jul	Int	Sen			
19th	Saturday	10 00am	ESSAR WCAC Schools CC - Race 2		Stanney	School	Yr 3 to 8	m+f	m+f					
.	Saturday	10.30am	NoA Cross Country Relays		Graves Pk, Sheffield	£21 £24 £32	15thOct o-l or	m+f	m+f	m+f	m+f	m+f	m+f	
.	Saturday	2.00pm	North Wales CC League 2		Foxhills, ColBay LL297SF	Club	1 <sup>st</sup> Members					m+f	m+f	
20th	Sunday	10.30am	Flintshire 10K [Run Wales]		Mold	£22./ 20.00	+ £1.95	Limit 500				o16	m+f	
26th	Saturday	10.30am	Snowdonia Marathon		Nant Peris/Llanberis	exchange?	>Sept 30th	Entries Closed 48hrs!						
.	Saturday	12.00pm	North Staffs League 2 ST16 1JY		Stafford Common	Club	1 <sup>st</sup> Members	m+f	m+f	m+f	m+f	m+f	m+f	
.	Saturday	10.30am	Not Langley Not 7 CP @ SK11 0DG		Macclesfield	£15/ 13.00	on-line - car share	250limit				m+f	m+f	
27th	Sunday	10.00am	Halloween Hellraiser, ca 7M		Nantwich CW5 7EP	£15/13.00	250 limit	+£2 onday				17+	m+f	
>>>>>	<b>November 2019</b>		<<<<<<											
2nd	Saturday		International Combined Events		Emirates, Glasgow	Country						u16	u18	
.	Saturday	11.00am	ECCA Cross Country Relays		TBA	tba	tba		m+f	m+f	m+f	m+f	m+f	
TBC	Sunday	12.noon	"32nd" Abergele 5M		Abergele LL22 7PP	£15/ 13.00?	o-line only	open 1st Aug				o15	m+f	

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T & F	T&F Championships		Multi-Terrain/Fell		Schools Indoor	Schools	Age Groups						
Date	Day	Time	Event		Venue	Entry	Close/date	u11	u13	u15	u17	Jun	Sen
9th	Saturday		ESAA CC Cup, Regional Round		Various	School	qualify				Jun Int		
.	Saturday	09.30am	Cheshire10k		Arley Hall CW9 6NA	£20/18.00	1500 limit				m+f	m+f	m+f
.	Saturday	12.00pm	Manchester Area CC League Rd2		Kenworthy Woods	Club		m+f	m+f	m+f	m+f	m+f	m+f
10th	Sunday	12.30pm	NW Indoor Sportshall League Rd2		EPSV	Club/£2.50		m+f	m+f	m+f			
16th	Sunday	09.30am	Borders League - 2 - Deeside		Deeside	Club					m+f	m+f	m+f
.	Saturday	10.0am	NoEAA - Indoor Open T&F [I]		EIS, Sheffield	£8/ event	9th Nov	XXX	m+f	m+f	m+f	m+f	m+f
.	Saturday	11.30am	British & Irish Masters CC Internationa		Southport, England		Selection by Country						Vets
.	Saturday	12.00pm	North Staffs League 3		Park Hall	Club	1 <sup>st</sup> Members	m+f	m+f	m+f	m+f	m+f	m+f
17th	Sunday	10.00am	Conwy Half (Run Wales)		Conwy	£35/ 33.00	+ £1.95					m+f	m+f
.	Sunday	10.00am	Preston 10 mile		Preston	£19/ 17.00	o-line +£1.60		Mon 11th	o17		m+f	m+f
23rd	Saturday	11.00am	BA Cross Challenge (Euro trial)		Sefton Park	tba	tba	m+f	m+f	m+f	m+f		
.	Saturday	2.00pm	Liv. & Dist CCU Leag II (with Euro trial)		Sefton Park	£2.00	SM 2.00pm					m+f	m+f
.	Saturday	2.00pm	North Wales CC League 3		Dolgellau	Club	1 <sup>st</sup> Members				m+f	m+f	m+f
24th	Sunday												
29th	Friday	7.30pm	WCAC - AGM		Cheshire County SC, Mannings Lane, Chester CH2 2PB						>>>All<<<		
30th	Saturday	10.00am	WCAC Schools CC Races 3		Stanney	School	Yr 3 to 8	m+f	m+f				
>>>>>	December	2019	<<<<<<<										
1st	Sunday	10.00am	Sale H - Indoor Open T&F [1]		Etihad Campus	£6/ event	extra on Day				m+f	m+f	m+f
.	Sunday	11.00am	Borders League - 3 - Wallasey		B'head Pk?	Club					m+f	m+f	m+f
.	Sunday	12.30pm	NW Indoor Sportshall League Rd3		Widnes or Liverpool	Club/£2.50		m+f	m+f	m+f			
4th	Wednesday	3.30pm	Eil Port & Neston Secondary Schools		Stanney	School							
7th	Saturday	10.00am	NoEAA - Indoor Open T&F [II]		Sheffield	£8/ event	23rd Nov	XXX			m+f	m+f	m+f
.	Saturday		ESAA CC Cup Final		ount St Mary's Chesterfie	School	qualify			Jun Int			
.	Saturday	11.00am	Liverpool & Dist CC League III		Beacon Park WN8 7RU	Club						m	m+f
.	Saturday	12.00pm	Manchester Area CC League Rd3		Woodbank Park	Club		m+f	m+f	m+f	m+f	m+f	m+f
8th	Sunday	10.00am	Tatton Yule Yomp 10K [CHHH]		Tatton Park	£20/18+7%	1000 limit		No e-o day		m+f	m+f	m+f
TBC	Sunday	10.15am	European CC Championships		tba	Selection by Country			IAAF age groups		m+f	m+f	
11th	Alternative	3.30pm	Eil Port & Neston Secondary Schools										
14th	Saturday	12.00pm	North Staffs League 4		Penkridge ST19 5PH	Club	1 <sup>st</sup> Members	m+f	m+f	m+f	m+f	m+f	m+f
15th	Sunday	10.00am	Sale H - Indoor Open T&F [2]		Etihad Campus	£6/ event	extra on Day				m+f	m+f	m+f
21st	Saturday	10.00am	WCAC Juniors Fun Competition		Stanney Oaks			m+f	m+f	m+f			
22nd	Sunday												
25th	Wednesday	All Day!	Merry Christmas										
26th	Thursday	10.30am	ESSAR Round the Walls		Chester Roodee	tba	open soon				m+f	m+f	m+f
29th	Sunday	10.00am	RibbleValley10K (NA 2019 Champs)		Clitheroe	£18/ 16.00	1500limit				m+f	m+f	m+f
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>>>>>	January	2020	<<<<<<<										
4th	Saturday	11.30am	Cheshire CC Championships		TBA	£4.00	Sa 29th Dec	m+f	m+f	m+f	m+f	m+f	m+f
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5th	Sunday	10.00am	Sale H - Indoor Open T&F [3]		Etihad Campus	£6/ event	extra on Day				m+f	m+f	m+f
11th	Saturday	12.noon	Manchester Area CC League Rd4		Heaton Park	Club		m+f	m+f	m+f	m+f	m+f	m+f
.	Saturday	2.00pm	North Wales CC League 4		Baschurch SY4 2HL	Club	1 <sup>st</sup> Members				m+f	m+f	m+f
12th	Sunday	11.00am	Borders League - 4 - Abergele		Pensarn LL22 7PP	Club					m+f	m+f	m+f
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TBC	Saturday	1.00pm	Twin Piers 10K		Llandudno/ColwynBay	£18/16.00	15th Jan	NoEnt	onday		m+f	m+f	m+f
TBC	Sunday	10.30am	Essar 4 Villages 1/2 Mar		Helsby	£25/23.00	1st Jan	on-line only				17+	m+f
19th	Sunday	12noon	NW Indoor Sportshall League F		Kingsway, Widnes	Qualify in League		m+f	m+f	m+f			
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23rd	Thursday	12.30pm	Helsby Frodsham Sch sportshall		Frodsham Leisure C	School							
25th	Saturday	10.30am	NorthAth CC Championships		tba	£8/ £7 u17	Fr 11th Jan	XXX	m+f	m+f	m+f	m+f	m+f
26th	Sunday	10.00am	Sale H - Indoor Open T&F [4]		Ethiad Campus	£6/ event	extra on Day				m+f	m+f	m+f
>>>>>	February	2020	<<<<<<<										
1st													
.	Saturday	1.00pm	North Wales CC League 5		Oswestry, SY11 2AP	Club	1 <sup>st</sup> Members				m+f	m+f	m+f
.													
2nd													
TBC	Sunday	11.00am	Alsager 5M		Alsager	£16/14.00	tba	+£2.00	onday		m+f	m+f	m+f
8th	Saturday	10.00am	WCAC Schools CC Races 4		Stanney	School	Yr 3 to 8	m+f	m+f				
.													
.	Saturday	12noon	Manchester Area CC League Rd5		Kenworthy Woods	Club		m+f	m+f	m+f	m+f	m+f	m+f