

List of events (with numbers taking part) in 2019**July - December inclusive**

- 01-Jul Thurstaston 5.9 ml MT (Tour of M'side) (1F)
02-Jul Jubilee Relay MT (2F)
04-Jul Deestridders Off-road MT (4M)
06-Jul Black Country HM MT (1M)
06-Jul Cheshire T&F League, Ell Port 3000m (1M, 4F)
06-Jul parkruns (1M, 2F) (15 ran)
07-Jul Alderley Edge By-pass 10K (1M)
07-Jul Langley Fete Fell race, 4.5 ml (2M, 3F)
07-Jul Welsh 10K, Tenby (1M)
11-Jul Alderford Lake Relays, Whitchurch (2M, 4F)
13-Jul Gran Trail Courmayeur Ultra (55 km), Italy (1M)
13-Jul parkruns (1M, 1F) (18 Ran)
20-Jul parkruns (1F) (16 ran)
20-Jul Pendle Festival HM (1M)
21-Jul Lytham Windmill HM (1M)
21-Jul NA T&F League, Ell Port; 5000m (2M), 3000m (1F)
24-Jul Green, Green Grass of Home Fell race (8M)
27-Jul Gyrn Gallop Fell race, Oswestry (1M, 1F)
27-Jul parkruns (1F) (15 ran)
28-Jul Helena Tipping 10K, Wrexham (4M, 3F)
31-Jul Ponderosa Fell Race 4 ml (2M, 1F)
31-Jul Wirral Seaside 5K (1M, 3F)
- 01-Aug Deestridders Off-road 5 ml MT (3M, 1F)
03-Aug parkruns (2M) (14 ran)
04-Aug Cheshire T&F League, 3000m (1F)
04-Aug North Wales HM MT (1M)
07-Aug Pie & Peas 5 ml MT, Moulton (10M, 4F)
10-Aug NA T&F League, Wakefield 5000m (1M), 300m S/c (1M)
10-Aug parkruns (2M) (8 ran)
11-Aug City of Preston 10 mile (1N, 1F)
15-Aug Chirk Castle Relays MT (2M, 1F)
17-Aug parkruns (1M) (16 ran)
17-Aug Race the Train MT 10 km (1M, 1F)
17-Aug Race the Train MT 14 mile (5M)
18-Aug Birchwood 10 km (1M, 1F)
21-Aug Capenhurst 5 km (8M, 3F)
24-Aug parkruns (2M) (17 ran)
25-Aug Ellesmere 10 km (2M, 1F)
26-Aug Cilcain Fell race (7M, 1F)
28-Aug Wirral Seaside 5 km (3M, 3F)
29-Aug Mid-Cheshire Summer 5 km (4M)
31-Aug parkruns (4M) (17 ran)