

West Cheshire AC - fixtures 2019-2020

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Colour Code		Club Promotions_Marshals_Officials_!!!!											
Sportshalls	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
>>>>>	March	2020	<<<<<<										
1st	Sunday	9.00am	"The Marches School, 10K"		Oswestry		RACE FULL						
.	Sunday	9.30am	Trafford 10K (Run North West)		PartingtonLiesureGen	£18/16.00	1st Mar			min	16yr	m+f	m+f
.	Sunday	11.00am	33rd Cloud Nine Hill Race		Congleton, CW12 1RG	9.5+booking	fills up			min 18yr		m+f	m+f
7th	Saturday	11.00am	Inter-counties CC Champs		Prestwold Hall,Loughborough	Selection by County		XXX	m+f	m+f	m+f	m+f	m+f
.	Saturday	12noon	Llandudno, Nick Beer 10K		Llandudno	£17/15.00	New Date		extra onday		15+	m+f	m+f
8th	Sunday	09.00am	Freedom 20mile (Run Wales)		Wrexham Q'way Track	£35/33.00					18+	m+f	m+f
.	Sunday	09.30am	Freedom 10mile (Run Wales)		Wrexham Q'way Track	£26/24.00					17+	m+f	m+f
.	Sunday	9.30am	Chester 10K		Nuns Road > Eastgate	£25/23.00	1st Mar				16+	m+f	m+f
.	Sunday	10.30am	Knighton 20 [Staffs Area]		Knighton ST20 0QH	£17/ 15.00	+£1 onday				17+	m+f	m+f
.	Sunday	11.00am	High Legh 10K (entries open)		High Legh	'Nifty'	fills up					m+f	m+f
9th	Monday	pm	Cheshire County Indoor Finals		EPSV	Area	qualify		7&8				
14th	Saturday	12noon	British Masters CC Champs		Malone, Belfast, NI	£12/15.00	28th Feb						Mas
.	Saturday		ESAA CC Championships		Liverpool	Selection by County			Jun	Int	Sen		
14/15th	Sat/Sun	10.30am	Eng Ath Comb Event Champs		EIS Sheffield	on Entry	15th Feb				m+f	m+f	
15th	Sunday	10.30am	Sale H - Indoor Open T&F [6]		Etihad Campus	£6/ event	extra on Day				m+f	m+f	m+f
.	Sunday	9.00am	BTR Liverpool Half Marathon/ 10m		Pier Head, Liverpool	£36/34 +b	tba		8000 limit			m+f	m+f
.	Sunday	10.30am	Wilmslow 1/2 Marathon		Wilmslow	£29/27+fee	14th Mar		Limit 4800			m+f	m+f
.	Sunday	11.00am	Borders League - 5 - Wrexham		Redwither Bus. Centre	Club	LL13 9XR					m+f	m+f
.	Sunday	11.00am	TuffNutz 11/6.5m Team Challenge		Thustaston CP	£75/60 team	1st Mar		Team of 3			m+f	m+f
17th	Tuesday	10.00am	Falésia 5K		Falésia, 8200 Albufeira	€ 5.00	cash (Euros)			13+		m+f	m+f
20th	Friday	1.00pm	Helsby & Frodsham Primary Sch		Delamere	School			m+f				
21st	Saturday	09.30am	Cheshire 10k		Arley Hall	£24/22.00					o16	m+f	m+f
.	Saturday	noon	(SIAB) SchoolsCC International		Dublin	Selection by Country			Jun	Int			
22nd	Sunday	11.00am	Northern 5k road race championship		Birkenhead Park	Club (£7)	13th Mar				m+f	m+f	
.	Sunday	12/12.15	NoAth Men 12/Ladies 6 stage relays		Birkenhead Park	Club	13th Mar						m+f
28th	Saturday	10.00am	WCAC T&F Trials for YDL		Stanney				m+f	m+f	m+f	m+f	
29th	Sunday	noon	Trafford open Medal meeting		Longford Park M21 9TA	£6+£2forth	spectator £2		m+f	m+f	m+f		
>>>>>	April	2020	<<<<<<										
1st	Wednesday	5.00pm	Intercounty School match		Stanney	County				Yr7			
.	Wednesday	6.30pm	Wirral Seaside Run - 5K		Moreton CH46 4TA	£7/ 5.00	Limit 500		11+	m+f	m+f	m+f	m+f
2nd	Thursday	18.00pm	WCAC T&F Trials for YDL		Stanney				m+f	m+f	m+f	m+f	
4th	TBC		YA Medal Meeting??		Wavertree								
.	TBC	11.00am	u15/ u17 5K Championship		Sutton Park	Club	29th Mar				m+f	m+f	
.	TBC	noon	National 12/6 Stage Relays		Sutton Park	Club	29th Mar				Senior Men qualify	m+f	m+f
5th	Sunday	9.00am	Manchester Marathon		Old Trafford	£65/63.00	+booking fee					18+	m+f
.	Sunday	11.00am	Borders League - 6 - E Port		Capenhurst CH1 6EH	Club						m+f	m+f
10th	Good Friday	10.00am	Salford 10K		LwrKersall M7 3NQ	£16/14.00	on-line		750 limit			15+	m+f
12th	Sunday	9.30am	Hale 5 - [Interval Races]		Hale village	£20/ 18.00	+ Booking		+ £2 Onday			17+	m+f
.	Sunday	10.15am	Air Products10K		Crewe	£12/ 10.00	3rd Apr					15+	m+f
13th	Monday	noon	Trafford Medal meeting		Longford Park M21 9TA	tba	spectator £2		m+f	m+f	m+f		
15th	Wednesday	7.00pm	ESSAR SPRING 5		Upton, CHESTER	£11/ 9.00	NONE on day		500 limit			15+	m+f
18th	Saturday	10.00am	Liverpool Throws & Jumps		Wavertree	£10/13/16.0	8th Apr/ol 7th	XXX	m+f	m+f	m+f	m+f	m+f
.	Saturday	12.30pm	UK Sportshalls Final		EIS Sheffield	Selection by County				m+f	m+f		
19th	Sunday	9.30am	BTR - Mersey Tunnel 10K		Liverpool/ Wallasey	£25/23.00	online+fee!					m+f	m+f
..	Sunday	10.30am	Wirral YA Open + Mile 3.30pm		Oval, Bebington	£4.00	£5 on day		m+f	m+f	m+f	m+f	m+f
.	Saturday	11.45am	Cheshire League Rd1		Wrexham	Club	On Day		m+f	m+f	m+f	m+f	m+f
22nd	Wednesday	7.30pm	Borders League - 7 - Helsby		Wigg Island?	Club						15+	m+f
26th	Sunday	8:55/10ar	LONDON MARATHON		London	Closed							m+f
.	Sunday	11.15F	Tk 11.40am YDL Up W1 Rd1		Stanney *	Club	* Double with W3					m+f	m+f
28th	Tuesday		Grand Prix		Longford Park M21 9TA		spectator £2						
29th	Wednesday	7.00pm	Wirral Seaside Run - 5K		Moreton CH46 4TA	£7/ 5.00	Limit 500			11+	m+f	m+f	m+f
30th	Thursday	12noon	Quad Kids EP & N District		Stanney	School			year	5&6			
>>>>>	May	2020	<<<<<<										
1st	Friday	7.15pm	(Spring) Mid-Cheshire 5K		Kingsley cricket club	£15/13.00	+ booking					16+	m+f
2nd	Saturday	11.30am	Northern T&F Division 1 Rd1		Blackburn	Club						m+f	m+f
3rd	Sunday	11.00am	Whitley 10K		Whitley, Warrington	tba	tba		500 limit			15+	m+f
4th	Monday	noon	Trafford open Medal meeting		Longford Park M21 9TA	£6+£2forth	spectator £2		m+f	m+f	m+f		
6th	Wednesday	noon	ESAA Schools Cup,1st Round		Stanney	School	28th Feb			Jun	Int		
.	Wednesday	noon	ESAA Schools Cup,1st Round		Macclesfield	School	28th Feb			Jun	Int		

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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
8th	Friday	noon	Trafford Medal meeting	Longford Park M21 9TA	tba	spectator £2	m+f	m+f	m+f			
9th												
10th	Sunday	10.00am	Colshaw Hall 10k	Over Peover, Knutsford	£21/ 19.00					o16	m+f	m+f
.	Sunday	11.00am	Market Drayton 10K	Market Drayton	£22/20.00+	waiting list!				15+	m+f	m+f
12th	Tuesday	7.30pm	Mobberley 'R the R 5.3m	Mobberley nr Rly Sta	£10/8.00	places	NO onday			m+f	m+f	m+f
.	Tuesday	7.00pm	Walton Park 5m	Walton Park	£12./10.00						m+f	m+f
15th	Friday	7.15pm	Christleton 5K	Christleton CH3 7AD	£12/10.00	o-l 14th May	Limit 500			16+	m+f	m+f
16th	Saturday	11.00am	Tk 11.30am YDL Lo NPremW Rd1	UCLAN Preston	Club			m+f	m+f			
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17th	Sunday	9.00am	ESSAR Chester Half Marathon	Roodee to City Hall	£36.5/34.5	5000 limit					m+f	m+f
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21st	Thursday	7.15pm	Dunham Massey Park 5K [NCGP1]	Dunham Massey	£9.30/7.30	19th Jun	£39.5/30.4	300	12+		m+f	m+f
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23/24th	Sat/Sun		England (+NA) Combined Events	Bedford	£20.00	7th May					m+f	m+f
24th	Sunday	11.30am	Mynydd Myfyr Hill Run (SY10 9DY)	Trefonen, Oswestry	£7.00	On Day only			15+	m+f	m+f	m+f
.	Sunday	1.10T/10.1	Tk 11.40am YDL Up W1 Rd2	Leigh Sport Village **	Club	** Double with W3					m+f	m+f
27th	Wednesday	7.00pm	Wirral Seaside Run - 5K	Moreton CH46 4TA	£7/ 5.00	Limit 500		11+	m+f	m+f	m+f	m+f
28th	Thursday	7.30pm	Birchwood Brook 5K [NCGP2]	Birchwood Comm. HS	£9.30/7.30	26th May	£39.5/30.4	350	12+		m+f	m+f
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30/31st	Sat/Sun	10/10.15	Cheshire T&F Championships	Stanney	tba	5th May			m+f	m+f	m+f	m+f
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>>>>>	June	2020	<<<<<<									
3rd	Wednesday	11.00am	ESSA Schools Cup Reg B Round	Stanney	School	qualify				Jun	Int	
TBC	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
4th	Thursday	7.15pm	Bowdon 5K [NCGP3]	Bowdon	£9.30/7.30	2nd Jun			350	12+	m+f	m+f
TBC	Thursday	7.30pm	Deestriders Offroad 1 of 4	former Tata Sports & SC	£7/5.00 -	£20/15 series					m+f	m+f
6th	Saturday	8.30am	Sandstone Trail Challenge	Whitchurch > Frodsham	£20.00	125run 125 [14+] walk					m+f	m+f
.	Saturday	11.00am	Tk 11.30am YDL Lo NPremW Rd2	Stanney	Club				m+f	m+f		
6/7th	Sat 10.00/ Sun 07.00		Welsh Castles Relay	Caernarfon to Cardiff							m+f	m+f
.	Sat/Sun	10.00am	EAu23/u20Champs	Bedford	on sign in	29th May	£7 additional				m+f	u23
7th	Sunday	11.30am	Northern T&F Division 1 Rd2	Trafford	Club						m+f	m+f
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10th	Wednesday	7.30pm	Park Hall 5K (OsOly SY11 4AS)	OswestryRugbyClub	two prices!	On line			14+		m+f	m+f
11th	Thursday	12 noon	ESSA Schools Cup Reg A Round	Trafford	School	qualify				Jun	Int	
.	Thursday	7.15pm	Dunham Massey Park 5K [NCGP4]	Dunham Massey	£9.30/7.30	9th Jun			350	12+	m+f	m+f
13th	Saturday	9.45am	Cheshire Schools T&F Champs	Warrington	School	22nd May				Jun	Int	Sen
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14th	Sunday	7.10am	Deva Triathlon - Olympic/ Middle	Grosvenor Pk, Chester	£68>31Mar	5th Jun						m+f
.	Sunday	10.00am	BTR - Port Sunlight 5k	Port Sunlight	£20/18.00	+fee c/d 7th			13+		m+f	m+f
.	Sunday	11.00am	BTR - Port Sunlight 10k	Port Sunlight	£26/24.00	+fee c/d 7th				15+		m+f
20th	Saturday	10.30am	Mason Trophy, Intercountry	TBA	County				Jun	Int		
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21st	Sunday	1.10T/10.15	Tk 11.40am YDL Up W1 Rd3	Blackpool	Club						m+f	m+f
TBC	Sunday	10.30am	PLS 10K Race	Riversdale Police Club	£16.5/14.50	22nd Jun	490 Limit			16+		m+f
22nd	Monday	4.30pm	Cheshire Minors Champs	Warrington	School	9th Jun		Yr7				
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24th	Wednesday	7.00pm	Wirral Seaside Run - 5K	Moreton CH46 4TA	£7/ 5.00	Limit 500			11+		m+f	m+f
25th	Thursday	7.30pm	Warrington RR 10K	Woolston,Linear Park	£16/14.00	noon 20th Jun					18+	m+f
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27/28th	Sat 10.30/ Sun 10.00		ESAA Combined Events Reg Rd	Warrington	School	29th May				Jun	Int	Sen
.	Sat/Sun	10.30am	NoAth T&F Championships	Sport City	£12 + 8add	21st May	£6 additional				m+f	m+f