

List of events (with numbers taking part) in 2020**January to June inclusive***NOTE : parkruns are only included if they meet the performance criterium (must be faster than "form")*

04-Jan Cheshire CC Champs (12M, 7F)
11-Jan N Wales CC Lge, Shrewsbury (3M, 5F)
12-Jan Borders League 8K approx, Pensarn (21M, 4F)
18-Jan Coed-y-Brenin Trail HM (2M, 3F)
19-Jan 4 Villages HM, Helsby (16M, 4F)
19-Jan Halloween Hellraiser MT (1M, 1F)
25-Jan Northern CC Champs, Bedale (3M, 3F)
25-Jan parkrun (1M)
26-Jan Park & Ride 10K, Preston (1F)

01-Feb N Wales CC Lge, (10M, 7F)
01-Feb parkrun (1M)
02-Feb Alsager 5 ml (1M)
08-Feb Manchester CC Lge (1M, 3F)
08-Feb parkrun (1M)
09-Feb Liverpool South 10K (1M, 1F)
15-Feb Parbold Hill Race (1M)
15-Feb parkrun (1F)
16-Feb Austin Marathon, Texas (1M)
16-Feb Chilly Castle Coombe 10K (1M, 1F)
16-Feb Great North West HM, Blackpool (1M)
20-Feb Indoor 5000m track, New York (1F)
22-Feb National CC Champs, Nottingham (4M)
22-Feb parkrun (1M)
22-Feb Rhyl 10 mile (1M, 2F)
23-Feb Huddersfield 10K (1M< 1F)