

List of events (with numbers of SENIORS taking part) in 2021

NOTE : parkruns are only included if they meet the performance criterium (must be faster than "form")

04-Apr	Manchester to Liverpool Ultra Trail (1M)	04-Sep	parkrun (1F)
09-Apr	10,000m track, USA (1F)	05-Sep	Village Bakery HM, Wrexham (4M, 3F)
10-Apr	Run Tatton 10K (1M, 1F)	07-Sep	Wirral MT Series - 1 (8M, 2F)
17-Apr	Cheshire CC Champs, Betley (13M, 7F)	11-Sep	NW Road Relays, Birchwood (5M, 3F) (seniors only)
23-Apr	5000m track, Appalachian Chain, USA (1F)	12-Sep	Run Cheshire HM, Capesthorpe (1M)
25-Apr	Cheshire Elite Marathon, Pulford (2M, 1F)	12-Sep	Liverpool HM (1F)
25-Apr	Run Goodwood 10K (1M)	12-Sep	Sandstone Trail, 17.5 mile (4M, 1F)
25-Apr	Run Goodwood, Marathon (1F)	12-Sep	Sandstone Trail, 10.5 mile (2M, 1F)
30-Apr	Mid-Cheshire 5K (2M, 1F)	14-Sep	Wirral MT Series - 2 (8M)
		18-Sep	N Staffs CC (3M, 1F)
09-May	Run through Aintree HM (3M)	18-Sep	parkrun (1M, 1F)
26-May	NAIA Champs 10,000m track, USA (1F)	18-19 Sep	24 Hour Track Race, Battersea (1F)
31-May	Boston (Lincs) Marathon (1M)	19-Sep	Chester HM (19M, 3F)
		19-Sep	Trafford 10K (1M)
05-Jun	Rhyl 5K (1F)	21-Sep	Wirral MT Series - 3 (8M, 1F))
19-26 Jun	Montane Summer Spine Ultra 256 miles (1F)	24-Sep	parkrun (1M)
27-Jun	Southport HM (2M, 1F)	26-Sep	Farndon 10K (2M)
28-Jun	Tour of Merseyside Thurstaston 10K MT (1M, 1F)	26-Sep	Mersey Tunnel 10K (1M, 2F)
29-Jun	Tour of Merseyside Liverpool 10 mile (1M, 1F)	26-Sep	Run through Warrington HM (1M)
30-Jun	Robbie Webster Wobbler Hill race (5M, 2F)	28-Sep	Wirral MT Series - 4 (8M, 3F))
		29-Sep	Wirral Seaside 5K (1M, 2F)
01-Jul	Tour of Merseyside, Otterspool 5 mile (1M, 2F)	02-Oct	parkrun (2F)
02-Jul	Tour of Merseyside, Stadt Moers MT (1M, 2F)	02-Oct	N Wales CC Lge, Wrexham (3M, 4F)
03-Jul	Tour of Merseyside, Wirral Coast MT (1M, 1F)	03-Oct	Chester 26.2K (6M, 2F)
04-Jul	NAT&F Lge, Ell Port, 5000m (1M), 3K S/c (2M)	03-Oct	Chester Marathon (6M, 3F)
10-Jul	Lakeland Trail, 55 Km (1M)	03-Oct	London Marathon (2M, 2F)
11-Jul	Wilmslow Summer 10K (1M)	09-Oct	parkrun (1M, 1F)
18-Jul	Aldi Chester 10K (14M, 3F)	10-Oct	Manchester Marathon (4M, 1F)
18-Jul	Nick Beer 10K, Llandudno (1M, 3F)	16-Oct	Manchester CC Lge, Wythenshawe (8M, 5F)
21-Jul	Birkenhead Park 5 mile (2M)	16-Oct	N Staffs CC Lge, Stafford (1F)
24-Jul	parkruns (1M, 2F)	16-Oct	Run Cheshire 10K, Arley (1M)
25-Jul	Helena Tipping 1K, Wrexham (7M, 3F)	16-Oct	parkrun (1M)
28-Jul	Wirral Seaside 5K (3M, 1F)	17-Oct	Borders Lge, 9.5K approx MT, Delamere (22M, 9F)
31-Jul	parkruns (2F)	17-Oct	Flintshire 5K (1F)
31-Jul	NA T&F Lge, Trafford ; 5000m (1M), 3000mS/c (1M)	17-Oct	Flintshire 10K (1F)
		23-Oct	parkrun (2M)
04-Aug	Chase the Sun 10K, Tatton (1M)	23-Oct	N Wales CC Lge, Bangor (4M, 3F)
04-Aug	Pie & Peas 5 mile MT, Moulton (10M, 2F)	30-Oct	N Staffs CC Lge, (1F)
07-Aug	parkrun (1M)	30-Oct	parkrun (1M)
08-Aug	City of Preston 10 mile (1M, 2F)	31-Oct	Run Through Chester Zoo 10K (2M, 1F)
08-Aug	City of Preston 5 mile (1M)	31-Oct	Wirral 10K (1F)
08-Aug	Run GP Oulton Pk 20 mile (1M)		
08-Aug	Run GP Oulton Pk HM (1M)		
18-Aug	Ellesmere Port 5K (13M, 3F)		
21-Aug	Cheshire T&F Champs, 5000m track (3M)		
25-Aug	Wirral Seaside 5K (1M, 2F)		
27-Aug	Mid-Cheshire (Summer) 5K (9M, 1F)		
28-Aug	parkrun (1F)		
29-Aug	Antrim HM (1M, 1F)		
29-Aug	Cheshire T&F Lg - 3,000m (2M)		
30-Aug	Ciicain Fell Race (4M)		