

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)	18-19 Sep	24 Hour Track Race, Battersea (1F)
09-Apr	10,000m track, USA (1F)	19-Sep	Chester HM (19M, 3F)
10-Apr	Run Tatton 10K (2M, 1F)	19-Sep	Trafford 10K (1M)
17-Apr	Cheshire CC Champs, Betley (13M, 7F)	21-Sep	Wirral MT Series - 3 (8M, 1F))
23-Apr	5000m track, Appalation Chain, USA (1F)	24-Sep	Park Run (1M)
25-Apr	Cheshire Elite Marathon, Pulford (2M, 1F)	26-Sep	Farndon 10K (2M)
25-Apr	Run Goodwood 10K (1M)	26-Sep	Mersey Tunnel 10K (1M, 2F)
25-Apr	Run Goodwood, Marathon (1F)	26-Sep	Run Through Warrington HM (1M)
30-Apr	Mid-Cheshire 5K (2M, 1F)	28-Sep	Wirral MT Series - 4 (8M, 3F)
		29-Sep	Wirral Seaside 5K (1M, 2F)
09-May	Run through Aintree HM (3M)		
26-May	NAIA Champs 10,000mt track, USA (1F)	02-Oct	Park Run (2F)
31-May	Boston (Lincs) Marathon (1M)	02-Oct	N Wales CC Lge, Wrexham (3M, 4F)
		03-Oct	Chester 26.2K (6M, 2F)
05-Jun	Rhyl 5K (1F)	03-Oct	Chester Marathon (6M, 3F)
19-26 Jun	Montane Summer Spine Ultra 256 miles (1F)	03-Oct	London Marathon (2M, 2F)
27-Jun	Southport HM (2M, 1F)	09-Oct	Park Run (1M, 1F)
28-Jun	Tour of Merseyside Thurstaston 10K MT (1M, 1F)	10-Oct	Manchester Marathon (4M, 1F)
29-Jun	Tour of Merseyside Liverpool 10 mile (1M, 1F)	16-Oct	Manchester CC Lge, Wythenshawe (8M, 5F)
30-Jun	Robbie Webster Wobbler Hill race (5M, 2F)	16-Oct	N Staffs CC Lge, Stafford (1F)
		16-Oct	Run Cheshire 10K, Arley (1M)
01-Jul	Tour of Merseyside, Otterspool 5 mile (1M, 2F)	16-Oct	Park Run (1M)
02-Jul	Tour of Merseyside, Stadt Moers MT (1M, 2F)	17-Oct	Borders Lge, 9.5K approx MT, Delamere (22M, 9F)
03-Jul	Tour of Merseyside, Wirral Coast MT (1M, 1F)	17-Oct	Flintshire 5K (1F)
04-Jul	NAT&F Lge, Ell Port, 5000m (1M), 3K S/c (2M)	17-Oct	Flintshire 10K (1F)
10-Jul	Lakeland Trail, 55 Km (1M)	23-Oct	Abersoch MT HM (1M)
11-Jul	Wilmslow Summer 10K (1M)	23-Oct	Park Run (2M)
18-Jul	Aldi Chester 10K (14M, 3F)	23-Oct	N Wales CC Lge, Bangor (4M, 3F)
18-Jul	Nick Beer 10K, Llandudno (1M, 3F)	23-Oct	Liverpool Rock'n'Roll 5K (1M)
21-Jul	Birkenhead Park 5 mile (2M)	24-Oct	Liverpool Rock'n'Roll HM (2M)
24-Jul	Park Runs (1M, 2F)	30-Oct	N Staffs CC Lge, (1F)
25-Jul	Helena Tipping 1K, Wrexham (7M, 3F)	30-Oct	Park Run (1M)
28-Jul	Wirral Seaside 5K (3M, 1F)	31-Oct	Run thro Chester Zoo 10K (2M, 1F)
31-Jul	Park Runs (2F)	31-Oct	Wirral 10K (1F)
31-Jul	NA T&F Lge, Trafford ; 5000m (1M), 3000mS/c (1M)		
04-Aug	Chase the Sun 10K, Tatton (1M)	06-Nov	Park Run (1M)
04-Aug	Pie & Peas 5 mile MT, Moulton (10M, 2F)	07-Nov	Run thro Tatton HM (1M)
07-Aug	Park Run (1M)	07-Nov	Rteading HM (1M, 1F)
08-Aug	City of Preston 10 mile (1M, 2F)	13-Nov	Manchester CC Lge, St Helens (6M, 7F)
08-Aug	City of Preston 5 mile (1M)	13-Nov	Warrington Way 40 mile (1M)
08-Aug	Run GP Oulton Pk 20 mile (1M)	13-Nov	Park Run (3M)
08-Aug	Run GP Oulton Pk HM (1M)	14-Nov	Borders League 5 mile, Capenhurst (26M, 11F Seniors)
18-Aug	Ellesmere Port 5K (13M, 3F)	Nov?	Llandegla Night Race MT (2F)
21-Aug	Cheshire T&F Champs, 5000m track (3M)	20-Nov	Meerbrook 15K (2M, 2F)
25-Aug	Wirral Seaside 5K (1M, 2F)	20-Nov	Park Run (2M)
27-Aug	Mid-Cheshire (Summer) 5K (9M, 1F)	21-Nov	Conwy HM (2M)
28-Aug	Park Run (1F)	27-Nov	BA/Liverpool CC (1M)
29-Aug	Antrim HM (1M, 1F)	28-Nov	Run Oulton Pk GP, 16 mile (1F)
29-Aug	Cheshre T&F Lg - 3,000m (2M)	28-Nov	Wilmslow Festive 10K (1M, 1F)
30-Aug	Ciicain Fell Race (4M)		
04-Sep	Park Run (1F)	04-Dec	Manchester CC Lg (4M, 6F)
05-Sep	Village Bakery HM, Wrexham (4M, 3F)	05-Dec	Borders Lge 5.5 mile, Birkenhead Pk (21M, 6F)
07-Sep	Wirral MT Series - 1 (8M, 2F)	05-Dec	Valencia Marathon (1M)
11-Sep	NW Road Relays, Birchwood (5M, 3F) (seniors only)	11-Dec	Park Run (1M)
12-Sep	Run Cheshire HM, Capesthorpe (1M)	12-Dec	Telford 10K (1M)
12-Sep	Liverpool HM (1F)	18-Dec	N Staffs CC Lge (3M, 1F)
12-Sep	Sandstone Trail, 17.5 mle (4M, 1F)	18-Dec	Park Run (1M)
12-Sep	Sandstone Trail, 10.5 mle (2M, 1F)	19-Dec	Christmas Cracker Hill race, Staffs Moorlands (2M, 2F)
14-Sep	Wirral MT Series - 2 (8M)	19-Dec	Run through Aintree 10K (1M)
18-Sep	N Staffs CC (3M, 1F)	26-Dec	Chester Round the Walls MT (9M, 5F)
18-Sep	Park Run (1M, 1F)	27-Dec	Ribble Valley 10K (1M)
		31-Dec	Bowstones Fell Race (1M, 3F)