

List of events (with numbers taking part) in 2022

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

Seniors only (i.e. 20 years and older)

01-Jan	parkrun (1M)	02-Apr	parkrun (2M)
01-Jan	Thornton Hough 3.5 ml (1M)	03-Apr	Manchester Marathon (4M, 1F)
01-Jan	Liverbird 10K MT (1M, 1F)	10-Apr	Borders Lge 9.8K, Tattenhall (19M, 5F)
08-Jan	Cheshire CC Champs (16M, 9F)	13-Apr	Chester Spring 5 mile (13M, 4F)
15-Jan	Manchester CC Lge, Tatton (5M, 5F)	15-Apr	Manchester-Liverpool Ultra 50 mile MT (1M)
15-Jan	parkrun (1F)	16-Apr	parkrun (3M)
16-Jan	4 Villages HM, Helsby (14M, 1F)	17-Apr	Hale Villgae 5 mile (1F)
29-Jan	Northern Ath CC Champs, Pontefract (1M, 4F)	18-Apr	Boston, Lincs HM (1F)
29-Jan	parkrun (2M, 1F)	23-Apr	Centurion Ultra track 24 Hour (1F)
		23-Apr	parkrun (1M)
05-Feb	parkrun (2M)	24-Apr	Wrexham Elite HM (2M)
05-Feb	N Wales CC Lge, Oswestry (6M, 5F)	27-Apr	Wirral Seaside -2 5K (4M, 3F)
06-Feb	Mad Dog 10K, Southport (1M)	29-Apr	Mid-Cheshire 5K (Spring) (9M, 3F)
12-Feb	parkrun (1M)	30-Apr	parkrun (1M, 1F)
12-Feb	Parbold Hill Race (1M)	30-Apr	NA Track Lge (5000m 1M; 3000m 1F)
13-Feb	Cardiff 10 mile (1M)		
13-Feb	Nick Beer 10K (1F)		
19-Feb	Manchester CC Lge, Heaton Pk (4M, 3F)		
19-Feb	Rhyl 5 mile (1M)		
19-Feb	Rhyl 10 mile (1M)		
20-Feb	Ruthin 5K (1M)		
20-Feb	Hale 10K (1M)		
26-Feb	parkruns (2M, 1F)		
27-Feb	Borders Lge 7K, Connah's Quay (20M, 7F)		
05-Mar	parkrun (1M)		
05-Mar	N Wales CC (6M, 4F)		
06-Mar	Anglesey Island HM (1F)		
06-Mar	Trafford 10K (1F)		
06-Mar	Run Oulton Park GP 20 mile (1M, 1F)		
12-Mar	Inter-counties CC Champs (1M, 1F)		
12-Mar	Chester Ultra 50 mile MT (3M)		
13-Mar	Chester 10K (17M, 11F, 1DNF)		
20-Mar	Wilmslow Festival HM (2M, 1F)		
20-Mar	Wigan Festival 10 mile (1M)		
26-Mar	parkrun (2M)		
27-Mar	Borders Lge 5 mile, Mold (15M, 5F)		
27-Mar	Liverpool HM (2M, 3F)		
27-Mar	Sheffield HM (1M)		
30-Mar	Wirral Seaside 5K (2M, 2F; strong headwind)		