

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)

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|--------|---|--------|--|
| 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, 14h) |
| 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 Village 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) | 01-May | Ches T&F Lge, 3000m (1F) |
| 19-Feb | Manchester CC Lge, Heaton Pk (4M, 3F) | 04-May | Dinas Bran Hill Race (2M, 2F) |
| 19-Feb | Rhyl 5 mile (1M) | 05-May | Bryn Kinalt 20km MT (1M) |
| 19-Feb | Rhyl 10 mile (1M) | 07-May | parkrun (1M) |
| 20-Feb | Ruthin 5K (1M) | 08-May | Market Drayton 10K (1M) |
| 20-Feb | Hale 10K (1M) | 11-May | Borders Lge 4ml, Birkenhead (13M, 6F) |
| 26-Feb | parkruns (2M, 1F) | 13-May | Christleton 5K (4M, 5F) |
| 27-Feb | Borders Lge 7K, Connah's Quay (20M, 7F) | 14-May | parkrun (1M) |
| | | 15-May | Chester HM (16M, 7F, 11h) |
| | | 22-May | Great Manchester 10K (1F) |
| | | 22-May | Great Manchester HM (1M, 1F) |
| | | 25-May | Wirral Seaside 5K - 3 (1M, 2F) |
| | | 28-May | parkrun (1M) |
| | | 28-May | Chester Ultra 100 mile MT (1M) |