

**List of events (with numbers taking part) in 2020
Seniors only (i.e. 20 years and older)**

01-Jul Tour M'side, Stat Moers MT (1M, 2F)
 02-Jul Tour M'side, Wirral Coastal 12 ml (2M, 2F)
 02-Jul parkrun (2M)
 03-Jul Run thro Chester Zoo 10K (1F)
 06-Jul Druid Fell race 5 mile
 07-Jul Deestridders Off-Road 5 ml (2M, 2F)
 09-Jul parkrun (2M)
 9-10 Jul Snowdon 24 hr lap race (1M)
 10-Jul NA Track Lge, Wigan (5000m/3000s/c (1M); 3000m (2F)
 10-Jul Wilmslow Summer 10K (2M, 1F)
 16-Jul parkrun (2M)
 16-Jul N Wales Trail Champs (1F)
 19-Jul Birkenhead Pk 5 mile (1M)
 23-Jul parkrun (3M)
 24-Jul Helena Tipping 10K, Wrexham (7M, 7F)
 31-Jul Colshaw Hall 10K, nr Knutsford (2M)

03-Aug Pie & Peas MT (9M, 2F)
 03-Aug Run thro Tatton 10K (1M)
 06-Aug parkruns (4M)
 06-Aug Halewood 5K (1M)
 06-Aug NA Track Lge (5000m - 2M, 3000m S/c -1M; 3000m - 1F)
 07-Aug Run GP OultonPk 20 mile (1M)
 11-Aug Dee Striders Off-Road 5 mile (4M, 2F)
 14-Aug City of Preston 5 mile (1F)
 14-Aug City of Preston 10 mile (1M, 1F)
 17-Aug Capenhurst 5K (5M, 5F)
 ? Zermatt 32km Mountain Race (1M, 1F)
 26-Aug Mid-Cheshire Summer 5K (6M, 2F)
 27-Aug parkrun (1M)
 27-Aug NA Lge Final (3000mS/c 1M; 3000m 2F)
 28-Aug Ellesmere 10K (1M)
 29-Aug Cilcain Hill race (3M, 1F)
 31-Aug Wirral Coastal 5K - 6 (4M, 1F)

02-Sep Deestridders Off-road 4.5 mile (2M, 1F)
 03-Sep parkrun (1M)
 04-Sep Caernarfon HM (1F)
 04-Sep Village Bakery HM (10M, 4F)
 06-Sep Wirral MT race (6M, 1F)
 10-Sep parkrun ((2M, 1F)
 10-Sep Run thro Tatton 10K (1M)
 11-Sep Antwerp HM (1M)
 11-Sep Antwerp HM relay (1F)
 11-Sep Cheshire HM, Siddington (1M)
 11-Sep Cheshire Road Relays, Ormskirk (2M, 2F, excludes U20s)
 11-Sep Sandstone Trail A Race, 17.5 ml (8M, 3F)
 11-Sep Sandstone Trail B Race, 10.5 ml (3M, 1F)
 13-Sep Wirral MT race (5M, 2F; seniors only)
 17-Sep North Staffs CC, Betley (2M)
 18-Sep IAU 24 Hr Team race, Verona, Italy (1F)
 18-Sep Guilden Sutton 10K (5M, 2F, 15 helpers)
 18-Sep Scottish HM (1M)
 20-Sep Wirral MT (4M, 2F)
 24-Sep parkrun (1M, 1F)
 25-Sep Berlin Marathon (1M)
 25-Sep Farndon 10K (8M, 1F)
 25-Sep N Athletics RR, Manchester (3M, 3F, excludes U20s in team)
 27-Sep Wirral MT series (5M), excludes U20s)

July - December inclusive

01-Oct parkruns (2M, 1F)
 01-Oct N Wales CC, Bangor (2M, 5F)
 02-Oct Chester Marathon (5M, 3F)
 02-Oct Chester Metric Marathon (5M, 2F)
 02-Oct London Marathon (4M)
 02-Oct Run Aintree HM (1M)
 08-Oct parkruns (2M, 1F)
 09-Oct Manchester HM (1M)
 15-Oct parkrun (1M)
 15-Oct Manchester CC Lge, Wythenshawe (6M, 6F)
 16-Oct Yorkshire Marathon (1M)
 16-Oct Borders League 5.1ml. New Brighton (13M, 9F)
 22-Oct parkrun (1F)
 22-Oct N Wales CC, Newtown (6M, 5F)
 23-Oct Bangor HM (1F)
 29-Oct parkrun (1M)
 29-Oct Snowdonia Marathon MT (3M)
 30-Oct Clwydian Hills Fell Race (2M, 2F)
 30-Oct Run thro Chester Zoo (1F)

05-Nov parkrun (1F)
 05-Nov Run thro Tatton 10K (1F)
 05-Nov Run thro Tatton HM (2M)
 06-Nov New York Marathon (1M)
 12-Nov Manchester CC Lge (5M, 4F)
 12-Nov parkrun (1F)
 12-Nov Dava Way 50km Ultra, Scotland (2M)
 13-Nov Borders Lge, Tattenhall (19M, 8F)
 19-Nov parkrun (1F)
 20-Nov Conwy HM (2M, 1F)
 20-Nov Run GP Oulton Park 20 mile (1M)
 20-Nov Preston 10 mile (1M, 1F)
 26-Nov N Wales CC, Whitford (5M, 7F)
 26-Nov Liverpool CC (2M)
 27-Nov Wilmslow Festive 10K (1M, 1F)

03-Dec parkrun (3M)
 11-Dec Telford 10K (1F)
 18-Dec Borders League, Anglesey 5 mile (7M, 5F)
 26-Dec Round the Walls MT, 6km (13M, 3F, H7M, 3F)
 31-Dec Bowstones Fell Race (3M, 2F)
 31-Dec Liverbird New Years Eve 10K (1M)
 31-Dec Liverbird New Years Eve HM (1F)
 31-Dec Liverbird New Years Eve Marathon (2M)