

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

01-Jan Liverbird Marathon (1M)  
 01-Jan Liverbird 10k (1M 1F)  
 07-Jan Run Through Tatton 10k (1M 2F)  
 08-Jan Cheshire XC Championship Winsford (8M 6F)  
 14-Jan Manchester XC League Tatton (3M 5F)  
 15-Jan Four Villages HM (18M 3F)  
 21-Jan North Wales XC League Colwyn Bay (4M 9F)  
 28-Jan Northern XC Championship Blackburn (4M 4F)  
 11-Feb Manchester XC League St Helens  
 11-Feb North Wales XC League Oswestry  
 11-Feb Parbold Hill Race (1M)  
 12-Feb Village Bakery Wrexham HM (11M 3F)  
 12-Feb Aintree HM (1M 1F)  
 12-Feb Aintree 5k (1M 1F)  
 18-Feb Waterson's Hale 10k (1M)  
 18-Feb Rhyl 10 mile (1F)  
 25-Feb National XC Championships Bolesworth Castle (11M 8F)  
 05-Mar Chester Ultra 50mile (1M)  
 11-Mar Manchester XC League Heaton Park (1M 2F)  
 12-Mar Chester 10k (15M 4F)  
 12-Mar High Legh Robert Moffat Memorial 10k (1M)  
 12-Mar Nottingham 10mile (1M)  
 12-Mar Trimble (Lancaster) 20mile (1M)  
 19-Mar Knighton 20 (4F)  
 25-Mar Coniston 14 (3M)  
 26-Mar Liverpool Skyline 10Mile (2F)  
 26-Mar Wilmslow Running Festival 10k (2M 1F)  
 26-Mar Sheffield Half Marathon (1M)  
 26-Mar Welshpool 10k (1M)  
 29-Mar Wirral Seaside 5K (4M 1F)  
 02-Apr Berlin Half Marathon (1F)  
 11-Apr Mersey Tunnel 10k (2F)  
 12-Apr Chester Spring 5 (10M 2F)  
 16-Apr Borders League - Mold (9M 7F)  
 16-Apr Manchester Marathon (4M 1F)  
 17-Apr Boston Marathon (1M)  
 23-Apr London Marathon (6M 5F)  
 23-Apr Borders League - Delamere (7M 4F)  
 26-Apr Wirral Seaside 5K (3M 1F)  
 28-Apr Mid-Cheshire Spring 5k (2M)  
 30-Apr Dubrovnik Half Marathon (1M)  
 07-May Alderley Edge Bypass 10k (1M)  
 07-May Aintree 5k (1M 1F)  
 17-May Borders League - Prestatyn (13M 5F)  
 19-May Christleton 5k (11M 3F)  
 21-May Chester Half Marathon (20M 6F)  
 23-May Thurstaston Multi Terrain Challenge (4M 3F)  
 28-May Edinburgh Marathon (3M)  
 28-May Mynydd Myfyr Hill Race (1M)  
 31-May Wirral Seaside 5k (2M)  
 01-Jun Deestridders Off-Road Grand Prix (8M 2F)  
 04-Jun Runcom Bridge 10k (2F)  
 10-Jun Ultra Scotland 50 (2M)  
 11-Jun Colshaw Hall 10k (2M 1F)  
 18-Jun Montane Summer Spine Challenger North (1F)  
 18-Jun Redditch 10k (1F)  
 18-Jun Penny Lane Striders 10k Road Race (1M)  
 23-Jun Tattenhall Tough Team Race (12M 3F)  
 23-Jun Park Hall 5k, Oswestry (1M 1F)  
 25-Jun Stone St Michaels 10k (2F)  
 25-Jun Southport Half Marathon - Tour of Merseyside (1M 1F)  
 26-Jun Thurstaston Multi Terrain - Tour of Merseyside (1M 1F)  
 27-Jun The Ralla, Walton Hall - Tour of Merseyside (1M 1F)  
 28-Jun Wirral Seaside 5k (2F)  
 29-Jun Raging Red Bull 5, Otterspool - Tour of Merseyside (1M 1F)  
 30-Jun Knowsley Cross Country - Tour of Merseyside (1M 1F)