

List of events (with numbers taking part) in 2023**July - December inclusive*****Seniors only (i.e. 20 years and older) - * indicates athletes under 20 took part but not counted***

- 01-Jul Wirral Coastal Run - Tour of Merseyside (1M 1F)
- 05-Jul Forest Park Ladies 5k, Birchwood, Warrington (2F)
- 09-Jul Wilmslow Summer 10k (1M 1F)
- 19-Jul Birkenhead Park 5mile Road Race (6M)
- 23-Jul Helena Tipping Memorial 10k, Wrexham (7M 5F)
- 26-Jul Wirral Seaside 5k - Race 5 (1M)
- 29-Jul Montane Lakeland 50 (2F)
- 06-Aug Windmill Half Marathon (1M)
- 06-Aug Boundary Breeze Triathlon, Knutsford
- 16-Aug EPRC Capenhurst 5k (8M* 5F)
- 19-Aug Race the Train Rotary Challenge, Tywyn, Mid-Wales (2M)
- 20-Aug Birchwood 10k, Warrington (2M)
- 20-Aug Leeds Half Marathon (1M)
- 25-Aug Mid-Cheshire 5k Road Race, Kingsley (4M 2F*)
- 27-Aug Budapest Mass 10k (1M 1F)
- 28-Aug Monton 5 Miler, Swinton, Manchester (1M)
- 30-Aug Wirral Seaside 5k - Race 6 (3M)
- 03-Sep South Cheshire 20, Crewe (1M)
- 05-Sep Wirral Multi-Terrain Race 1, Royden Park (15M 2F)
- 09-Sep North West Road Relay Championships, Heaton Park (1M*)
- 10-Sep Sandstone Trail Race, Delamere - A (2M), B (4M 3F)
- 10-Sep Caernarfon Half Marathon ((1M 1F)
- 12-Sep Wirral Multi-Terrain Race 2, Thurstaston (11M 2F)
- 17-Sep Lake Vyrnwy Half Marathon, Llanwddyn, Powys (4M)
- 17-Sep Guilden Sutton 10k, Chester (7M* 2F)
- 19-Sep Wirral Multi-Terrain Race 3, Harrison Drive (9M 1F*)
- 24-Sep Northern Road Relay Championships, Birkenhead Park (5M 4F)
- 24-Sep Farndon 10k Road Race (3M*4F)
- 24-Sep Berlin Marathon, Germany (1M 1F)
- 24-Sep Scottish 10k, Musselbrough (1M 1F)
- 24-Sep Warrington 10k Road Race (1F)
- 24-Sep Warrington Half Marathon (4M 1F)
- 24-Sep World Triathlon Championship, Pontevedra, Spain (1F)
- 26-Sep Wirral Multi-Terrain Race 4, Arrows Park (11M 2F)
- 01-Oct Borders League 1 - Caernarfon (14M 7F)
- 05-Oct HMRC 5 Mile Trail Race, Delamere (1M)
- 08-Oct Bangor Half Marathon (1F)
- 08-Oct Chester Marathon (3M 2F)
- 08-Oct Chester Metric Marathon (8M 4F)
- 08-Oct Chicago Marathon (1M 1F)
- 14-Oct North Wales XC League, Treborth, Bangor (4M 2F)
- 14-Oct Manchester XC League, Heaton Park (5M 2F)
- 15-Oct Amsterdam Half Marathon (1M 1F)
- 15-Oct Manchester Half Marathon (1M)
- 21-Oct North Wales XC League, Eirias Park, Colwyn Bay - **CANCELLED**
- 22-Oct Cheshire 10mile (1M 2F)
- 22-Oct Cheshire 10k (1F)
- 22-Oct Leeds Abbey Dash (1M)
- 24-Oct Warrington Festival Half Marathon (4M 1F)
- 29-Oct Dublin Marathon (1M)
- 29-Oct Macclesfield Half Marathon (1M)
- 05-Nov Delamere Forrest Half Marathon (3M)
- 05-Nov Borders League 2 - Birkenhead Park (16M 10F)
- 11-Nov Manchester XC League, Wythenshawe Park (5M 5F)
- 12-Nov Alton Towers Half Marathon (1M)
- 18-Nov Welsh Inter-Regional XC, Park Dolerw, Newtown (1F)
- 19-Nov Preston 5 Mile Road Race (1M 1F)
- 19-Nov Conway Half Marathon (5M 2F)
- 19-Nov Run Through Tatton Half Marathon (1F)
- 25-Nov North Wales XC League, Boreatton Park, Shrewsbury (6M 5F)
- 26-Nov Wilmslow Festive 10k (7M 1F)
- 03-Dec Borders League 3 - Wrexham (11M 6F)
- 03-Dec Valencia Marathon, Spain (1M)
- 10-Dec Milton Keynes Half Marathon (1M)
- 10-Dec Stockport 10k (2M)
- 10-Dec Telford 10k (1M)
- 26-Dec Round the Walls Race, Chester (12M, 2F)
- 31-Dec Liverbird New Year's Eve Marathon (2M)