

**List of events (with numbers taking part) in 2023**

**January - June inclusive**

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

- 01-Jan Liverbird Double - Day 2, Liverpool (1M)
- 06-Jan Cheshire XC Championships, Reaseheath, Nantwich (9M 6F)
- 13-Jan Manchester XC League, Tatton Park (3M 8F)
- 20-Jan North Wales XC League 3, Dolgellau (3M 4F)
- 21-Jan Four Villages Half Marathon, Helsby (18M 5F)y
- 28-Jan Borders League 4, Thurston (16M 9F)
- 04-Feb Alsager 5 Mile (2M)
- 10-Feb Manchester XC League, Kenworthy Woods (3F)
- 10-Feb North Wales XC League 4, Oswestry (5M 4F)
- 11-Feb Run Aintree Half Marathon, Liverpool (1M 1F)
- 11-Feb Nick Beer 10k, Llandudno (1M)
- 17-Feb Parbold Hill Race (1M 1F)
- 18-Feb Village Bakery Half Marathon, Wrexham (16M 4F)
- 25-Feb Borders League 5, Coleg Cambria (16M 9F)
- 25-Feb Rhyl 5 Mile (1M)