

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, Thurstaston (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)	
02-Mar	Chester Ultra 50 (1M 2F)	
03-Mar	Trafford 10k (1M 1F)	
03-Mar	Oulton Park Marathon (1M)	
03-Mar	Oulton Park 20mile (1M 2F)	
03-Mar	Oulton Park Half Marathon (1M)	
03-Mar	Oulton Park 5k (1F)	
03-Mar	Anglesey Half Marathon (1M)	
10-Mar	Chester 10k (20M 4F)	
10-Mar	Run Through Tatton Park 10k (1F)	
16-Mar	BMAF XC Championships, Rhug Estate, Corwen (3M 1F)	
17-Mar	Borders League 6 Hoylake (14M 7F)	
23-Mar	Liverpool 10 Miler (1F)	
23-Mar	Liverpool Half Marathon (3M)	
23-Mar	Ras Yr Aran Fell Race Llanuwchllyn N Wales (1M)	
24-Mar	Cheshire Elite 10k, Pulford (4M 2F)	
24-Mar	Wilmslow Half Marathon (2F)	
24-Mar	Wilmslow 10k (1M)	
24-Mar	Anglo-Celtic Plate (1M)	
24-Mar	Colwyn Bay Metric Marathon (1M 1F)	
27-Mar	Wirral Seaside 5k (2M 2F)	
29-Mar	Liverpool to Manchester Ultra (1M)	
07-Apr	Sheffield Half Marathon (1M)	
10-Apr	Chester Spring 5 (12M 3F)	
13-Apr	Chester Ultra 100 (1M)	
14-Apr	Manchester Marathon (4M 2F)	
14-Apr	Mersey Tunnel 10k, Liverpool (2M)	
14-Apr	Llangollen Fell Race (1F)	
15-Apr	Boston Marathon USA (1F)	
21-Apr	London Marathon (5M 4F)	
21-Apr	Wrexham 10k (3M)	
24-Apr	Wirral Seaside 5k Race 2 (4M)	
26-Apr	Mid Cheshire 5k, Crowton (4M 1F)	
28-Apr	Boston Marathon UK (1F)	
28-Apr	Boston Half Marathon UK (1M)	
01-May	Borders League Relays, Birkenhead (10M 5F)*	*Borders League point only
04-May	Ras Moel Eilio, Snowdonia (1M)	
05-May	Belfast Marathon (1M)	
06-May	Milton Keynes Marathon Relay (1M)	
11-May	UTS Eryri 25k, Snowdonia (2M)	
12-May	Excalibur Half Marathon, Moel Famau, N Wales (1M)	
17-May	Christleton 5k (11M 3F)	
19-May	Chester Half Marathon (20M 5F)	
25-May	Edinburgh 10k** (1M)	** The Hairy Haggis - unofficial competition to complete all 4 events (1M)
25-May	Edinburgh Half Marathon** (1M)	
26-May	Edinburgh 5k** (1M)	
26-May	Edinburgh Marathon** (2M 1F)	
26-May	Porto Ultra (58k) Portugal (1M)	
29-May	Wirral Seaside 5k Run 3 (4M 3F)	
01-Jun	Abersoch 10k (1F)	
01-Jun	Welsh 1000 Peaks - Snowdonia Summits Marathon (1M)	
02-Jun	Jubilee Bridge Half Marathon, Runcorn (1M)	
06-Jun	Deestridders Off-Road Grand Prix Race 1 (6M 3F)	
08-09 Jun	Welsh Castle Relay (Caernarfon-Cardiff) (1M)	
15-Jun	Barmouth 10k (1M)	
15-Jun	Salomon Trail Marathon, Coed-y-Brenin, Gwynedd (1M)	
16-Jun	Coleshaw Hall 10k, Knutsford (5M)	
16-Jun	Estes Park marathon, Colorado, USA (1M)	
18-Jun	Lyme Park 10k, Stockport (1M)	
18-Jun	Thurstaston Multi Terrain (3M)	
20-Jun	Sale Sizzler - Race 1 (1M)	
30-Jun	Tour of Merseyside - Rimrose Valley Half marathon (1M 1F)	