

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

- 05-Oct North Wales XC League (1) Eirias Park, Colwyn Bay (5M 5F)
- 06-Oct Chester Metric Marathon (10M 3F)
- 06-Oct Chester Marathon (4M)
- 12-Oct Manchester Area XC League (1) Heaton Park (3M 7F)
- 12-Oct Ladybower Half Marathon, Derbyshire (1M)
- 13-Oct Eindhoven Marathon, NL (1M)
- 13-Oct Eindhoven Half Marathon, NL (1M)
- 13-Oct Eindhoven Quarter Marathon, NL (1F)
- 13-Oct Wirral 10k Road Race, New Brighton (1F)
- 13-Oct Manchester Half Marathon (2M 2F)
- 19-Oct North Wales XC League (2) Wrexham (6M 5F)
- 19-Oct Langdale Half Marathon Cumbria (1M)
- 26-Oct Eryri Marathon, Snowdonia (2M 2F)
- 27-Oct Dublin Marathon (1M)
- 03-Nov Borders League Tattenhall (16M 8F)
- 16-Nov Wirral Ultra (2M)
- 16-Nov Welsh Inter-Region XC Championships, Bangor (2F)
- 17-Nov Preston 10 mile Road Race (1M)
- 17-Nov Alton Towers Half Marathon (1M)
- 17-Nov Conway Half Marathon (4M 3F)
- 23-Nov Liverpool Cross Challenge (2M 1F)
- 24-Nov Wilmslow Festive 10k (3M 1F)
- 24-Nov Milano Half Marathon, Italy (1M)
- 24-Nov Lanzarote International Running Challenge Race 1 (3M)
- 25-Nov Lanzarote International Running Challenge Race 2 (3M)
- 26-Nov Lanzarote International Running Challenge Race 3 (3M)
- 30-Nov North Wales XC 3, Aberystwyth (3F)
- 15-Dec Pisa Marathon, Italy (1M)
- 15-Dec Telford 10k (1F)
- 26-Dec Round the Walls Race, Chester (7M 2F)
- 04-Jan Cheshire County XC Championships, Betley (10M 6F)
- 15-Jan Civil Service XC Championships (1M)
- 19-Jan Four Villages Half Marathon, Helsby (15M 4F)
- 25-Jan Northern XC Championships, Tatton Park (6M 8F)
- 26-Jan Borders League Connah's Quay (17M 7F)
- 08-Feb North Wales XC, Oswestry (2M 5F)
- 08-Feb Manchester Area XC League, Kenworthy Woods (2F)
- 16-Feb Village Bakery Half Marathon, Wrexham (8M 4F)
- 22-Feb English National XC Championships, Parliament Fields, London (1F)
- 22-Feb Seville Marathon 5k, Spain (1M 2F)
- 23-Feb Seville Marathon, Spain (1M)
- 01-Mar Rasselbock Backyard Ultra, Hadwick Hall, Chesterfield (1F)
- 01-Mar Manchester Area XC League, Woodbank Park, Stockport (7F)
- 02-Mar Bologna Marathon, Italy (1M)
- 09-Mar Chester 10k, Chester (15M 2F)
- 15-Mar Chester 50 Ultra (2M 2F)
- 16-Mar Nantwich 10k (1M)
- 16-Mar Borders League, Capenhurst (18M 5F)
- 23-Mar Pulford 10k (6M 4F)
- 23-Mar Wilmslow Half Marathon (2M 1F)
- 23-Mar Liverpool Half Marathon (2M)