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

04-Oct	North Wales XC League 1 - St Asaph (5M 6F)
--------	--

- 05-Oct Chester Metric Marathon (3M 4F)
- 05-Oct Chester Marathon (3M 1F)
- 11-Oct Manchester Area XC League 1 Woodbank Park Stockport (3M 5F)
- 19-Oct Abergele 10k (1M)
- 19-Oct Palma Mallorca 10k (1M 1F)
- 19-Oct Ljubljana 10k (1M 1F)
- 19-Oct Trafford 10k (2M)
- 25-Oct Marathon Eryri, Snowdon (1M 1F)
- 25-Oct Dublin Marathon (1M)
- 25-Oct North Wales XC League 2 Eirias Park (4M 6F)