

**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)
- 09-Nov Tatton Half Marathon (1M)
- 15-Nov Wirral Ultra (1M)
- 16-Nov Conwy Half Marathon (4M 1F)
- 16-Nov Preston 10mile Road Race (1M 1F)
- 22-Nov Manchester Area XC League 2 (UK Cross Challenge) - Sefton Park (6M 3F)
- 22-Nov North Wales XC League 3 - Bala (2M 4F)
- 23-Nov Wilmslow Festive 10k (3M)
- 29-Nov Welsh Inter-Regional, Powis (1F)
- 06-Dec Manchester Area XC League 3 - Woodbank Park (5M 3F)
- 07-Dec Valencia Marathon (1F)
- 07-Dec Borders League 2 Trac Mon Anglesey (10M 7F)
- 21-Dec Pisa Marathon (1M)
- 26-Dec Round the Walls Race, Chester (7M 1F)
- 31-Dec Bowstones Fell Race, Cheshire (2M 1F)
- 03-Jan Cheshire XC Championships, Kelsall (14M 4F)
- 03-Jan Tatton 10k (1F)
- 10-Jan Manchester Area XC League 4 - Tatton Park (3M 2F)
- 18-Jan Four Villages Half Marathon, Helsby (16M 5F)
- 24-Jan Shrewsbury 5k (1F)
- 31-Jan North Wales XC League 4 - Shrewsbury (4M 6F)