

**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)  
 01-Feb Mercia Marathon, Spain (1F)  
 07-Feb Manchester Area XC League 6 - Heaton Park (4M 5F)  
 08-Feb Grim Leodis Half Marathon, Kirkstall (1M)  
 14-Feb North Wales XC League 5 - Oswestry (4M 5F)  
 15-Feb Run Through Media City Half Marathon, Salford (1M)  
 22-Feb Sheeptracks Race, Cilcain (1M)  
 28-Feb Chester Ultra 50 mile (2M 1F)  
 01-Mar Borders League 4 Birkenhead Park (10M 7F)  
 01-Mar Trafford 10k (1M)  
 01-Mar Nantwich 10k (1M)  
 07-Mar Battersea Park Half Marathon (1F)  
 08-Mar Chester 10k (14M 4F)  
 15-Mar Liverpool 10k (1F)  
 15-Mar Liverpool Half Marathon (1M 1F)  
 21-Mar Anglo Celtic Plate 100K Home Countries Team Championships (1F)  
 22-Mar Pulford 10k (9M)  
 22-Mar Wilmslow Half Marathon (1M)  
 25-Mar Wirral Seaside Race 1 (1M)  
 29-Mar Llandudno Half Marathon (1M)