

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)
24-Jan	English National XC Championship, Pontefract (2F)
31-Jan	North Wales XC League 4 - Shrewsbury (4M 6F)
01-Feb	Mercia Marathon, Spain (1F)
01-Feb	Borders League Race 3 - Thurstaston (18M 7F)
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)
08-Mar	Cambridge Half Marathon (1F)
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	Borders Race 5 - Hoylake (10M 6F)
22-Mar	Wilmslow Half Marathon (1M)
25-Mar	Wirral Seaside Race 1 (1M)
29-Mar	Llandudno Half Marathon (1M)