



Road / Cross Country / Multi Terrain & Fell Fixture List 2019

	Date	Time	League	Race No	Venue	Race Type
Jan	Sat 05-Jan-19	Various			County X-country champs (Cheshires, Mersyside, Lancs)	XC
	Sun 13-Jan-19	10:00	NWCCL	4	Runcorn Town Park	XC
	Sun 20-Jan-19	10:30			Four Villages Half Marathon (Helsby)	Road
	Sun 27-Jan-19	11:00			St Annes 10 miler	Road
Feb	Sun 03-Feb-19	10:00	NWCCL	5	Croxteth Park Liverpool	XC
	Sat 16-Feb-19				Parbold Hill Race	MT
	Sun 24-Feb-19	10:00	NWCCL	6	Spectrum Striders - Birchwood Forest Park	XC
Mar	Sun 03-Mar-19	11:00		1	Cloud Nine. Congleton Leisure Centre. CW12 1DT <i>Distance 14.5km, Climb 381m</i>	Fell
	Sun 03-Mar-19	11:00			High Legh 10k	Road
	Sun 10-Mar-19	09:00			Liverpool Half Marathon	Road
	Sun 10-Mar-19	09:30			Trafford 10k	Road
	Sat 23-Mar-19	09:30			Cheshire 10k	Road
	Sun 24-Mar-19	10:30			Wilmslow Half Marathon	Road
	Sat 30-Mar-19				WRC - Warrington 5 mile trail race- spring race	MT
Apr	Sun 07-Apr-19	11:00		2	Mow Cop village hall Mount Pleasant Rd ST7 3LG <i>Distance 10.5km, Climb 400m</i>	Fell
	Wed 10-Apr-19				Chester Spring 5 (Upton, near Chester)	Road
	Sun 14-Apr-19	11:00			Whitley 10k	Road
	Sat 20-Apr-19	12:00		3	Rivington Pike. Crown Hotel, Horwich, BL6 7QJ <i>Distance 5.2km, Climb 213m</i>	Fell
	Sun 21-Apr-19	09:30			Hale Village 5 miles	Road

	Date	Time	League	Race No	Venue	Race Type
	Fri 26-Apr-19	19:15			Mid-Cheshire 5k (Kingsley, near Frodsham)	Road
May	Mon 06-May-19	11:30		4	Wray Caton Moor, Wray village (fair & scarecrow festival) Nr Lancaster, <i>Distance 11km, Climb 335m</i>	Fell
	Sat 11-May-19			6	Moel Eilio Plas Garnedd care home Regn. Padarn Lake Hotel <i>Distance 12.8km, Climb 915m</i>	Fell
	Tue 14-May-19	19:03			Walton Park 5 mile	Road
	Fri 17-May-19	19:15			Christleton 5k	Road
	Sun 19-May-19	09:00			Chester Half Marathon	Road
	Wed 22-May-19	19:03		5	Parbold, L40 3SL)	Fell
	Thu 23-May-19	19:15			Dunham 5k (Race 1 in N Ches 5K Grand Prix)	MT
	Thu 30-May-19	19:03			Birchwood Brook 5k (Race 2 in N Ches 5K Grand Prix)	MT
Jun	Wed 05-Jun-19	19:15	Grand Prix	7	Up The Beast Miners Arms, Maeshafn (2 miles out of Mold) <i>Distance 7.2km, Climb 458m</i>	Fell
	Thu 06-Jun-19	19:15			Bowden 5k (Race 3 in N Ches 5K Grand Prix)	Road
	Thu 13-Jun-19	19:15			Dunham Massey 5k #2 (Race 4 in N Ches 5K Grand Prix)	MT
	Wed 19-Jun-19	19:03	Grand Prix	8	Robbie Webster Wobbler, from Forest Hills Hotel, Frodsham Hill, WA6 6HH <i>Dist 8.5km Climb 370m</i>	Fell
	Sun 23-Jun-19	10:00			Hollins Green 5k (Race 5 in N Ches 5K Grand Prix)	Road
	Wed 26-Jun-19				Harrock Hill. (2nd of 4 races, any one to count) (Farmers Arms, Bispham Green, nr Parbold, L40 3SL)	Fell
	Sun 30-Jun-19	10:30			Lymm Festival 10k trail	MT
Jul	Wed 03-Jul-19	19:30			Forest Park Ladies 5k (women only)	MT
	Sun 07-Jul-19	12:00			Track Day	
	Wed 10-Jul-19	19:30	Grand Prix	9	The Druid, The Druid Inn, Llanferres (on the A494 Mold to Ruthin road) <i>Distance 8km, Climb 366m</i>	Fell
	Thu 11-Jul-19	19:00			Proms in the Park (Club run, Forest Park)	MT

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	Sat 13-Jul-19				Cheshire Ring Relay	MT
	Sun 14-Jul-19				Cheshire Ring Relay	MT
	Wed 24-Jul-19				Harrock Hill. (3rd of 4 races, any one to count) (Farmers Arms, Bispham Green, nr Parbold, L40 3SL)	Fell
Aug	Thu 01-Aug-19	19:30			Pie and Peas 5 Miles, Lion Pub, Moulton, South Of Northwich	MT
	Sun 04-Aug-19	11:00			Riverside 10 miles, Lancaster	Road
	Wed 21-Aug-19	19:15			Ellesmere Port RC 5k - PROVISIONAL	Road
	Sat 24-Aug-19	14:00		10	Chipping Show Chipping show field PR3 2QE (race free entry pay for show) <i>Dist 12.1km, Climb 549m</i>	Fell
	Wed 28-Aug-19				Harrock Hill. (4th of 4 races, any one to count) (Farmers Arms, Bispham Green, nr Parbold, L40 3SL)	Fell
Sep	Thu 05-Sep-19	19:00			Club Road Mile	Road
	Sat 14-Sep-19	11:00		11	King John's Castle. Raven Inn, Llanarmon-yn-Ial, nr Mold, CH 7 4QE, <i>Distance 7.4km, Climb 265m</i>	Fell
	Sun 15-Sep-19	09:00			EHM 10k	Road
	Sun 15-Sep-19	09:00			English Half Marathon	Road
	Tue 17-Sep-19	19:00			Club Track Mile	
	Sat 21-Sep-19	11:00	Pre-entry	12	Three Shires from Three Shires Inn, Little Langdale, Ambleside, <i>Distance 20km, Climb 1220m</i>	Fell
	Tue 24-Sep-19	19:00			Club Track Mile	
	Mon 30-Sep-19	10:00			Sandstone Trail A 17.1 Miles 2150 ft climb Start At Duckington (GR494526)	MT
	Mon 30-Sep-19	11:00			Sandstone Trail B 10.6 Miles 950 ft climb Start At Beeston Castle (GR541590)	MT
Oct	Sat 19-Oct-19				Central Peak District. <i>British Fell Relay Championship</i>	Fell
	Sun 27-Oct-19	11:00		13	Clwydian Hills Cilcain Village Hall CH7 5NN <i>Distance 14.4km, Climb 915m</i>	Fell
	Mon 28-Oct-19	TBC			St Helens Striders Trail Race (provided doesn't clash with Clarke Gardens)	MT
Nov	Sun 24-Nov-19				Wilmslow Festive 10k	Road

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* FULL FELL KIT REQUIRED FOR RACES 1, 2, 4, 6, 12, 13, & RELAYS.

The FULL KIT is: waterproof top & over trousers, compass, map, whistle, hat, gloves and for longer races emergency food and drink. (The latest FRA ruling is that it is good practice to take full kit to all fell races.) For more details contact Neville Griffiths, FELL SECRETARY, 01925 763924 or E-mail e.n.griffiths@btopenworld.com.

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Races To Be Confirmed

TBC	11:00			Sweatshop 10 miler, Blackpool
TBC				Club Track 3k
TBC				Warrington 10k (Woolston)
TBC				Sefton Park 5 mile
TBC				Club Road Mile
TBC				Club Track Mile
TBC				Green Drive Five (Lytham St Anne's)
TBC				Preston 10 mile
TBC				Stockport 10 mile
TBC				Spectrum 5k club handicap
TBC	10:00			Clarke Gardens
TBC	10:00			Beacon Park
TBC	10:00			Arrowe Park