

Race	Date	Venue	Road / Off Road	Link to enter	Category	Notes
County XC Championships	07/01/17	GM / Cheshire	Off Road	n/a		
MACCL 4	14/01/17	Kenworthy Woods	Off Road	n/a		
Northern Cross Country Championships	28/01/17	Knowsley	Off Road	n/a		
MACCL 5	11/02/17	Woodbank Park	Off Road	n/a		
National Cross Country Championships	25/02/17	Nottingham	Off Road	n/a		
Trafford 10km	05/03/17	Partington	Road	Click Here	10km	£14
Northern Road Relays	25/03/17	Sunderland	Road	n/a	RELAY	
Wilmslow Half Marathon	19/03/17	Wilmslow	Road	Click Here	Half/10 Mile	£30
National Road Relays (ladies only)	08/04/17	Birmingham	Road	n/a	RELAY	
Salford 10km	14/04/17	Salford	Road	Click Here	10km	£15.50
Round the Runway	02/05/17	Mobberley	Off Road	Click Here		£9
Mad Hatters Trail Race (5 miles)	10/05/17	Reddish	Off Road	Click Here		£7.00
BMAF Road relay (Vets only)	20/05/17	Birmingham	Road	n/a	RELAY	
Greater Manchester 10km	28/05/17	Manchester	Road	Click Here	10km	£38
The Bill Fox Round the Resses Race (5 miles)	14/06/17	Longendale Valley	Off Road	Click Here		£11
Whaley Waltz Fell Race	24/06/17	Whaley Bridge	Off Road	Click Here		£5
Sale Sizzler 1	06/07/17	Wythenshawe Park	Road	Click Here	5km	£8
Sale Sizzler 2	20/07/17	Wythenshawe Park	Road	Click Here	5km	£8
Sale Sizzler 3	03/08/17	Wythenshawe Park	Road	Click Here	5km	£8
Sale Sizzler 4	17/08/17	Wythenshawe Park	Road	Click Here	5km	£8
City of Salford 10km	03/09/17	Salford	Road	Click Here	10km	£19
Northwest Road Relays	09/09/17	Stanley Park - Blackpool	Road	n/a	RELAY	
Northern Road relays	Sep-17	TBC	Road	n/a	RELAY	
National Road Relays (ladies only)	07/10/17	Birmingham	Road	n/a	RELAY	
MACCL 1	Oct-17	TBC	Off Road	n/a		
Manchester Half Marathon	15/10/17	Manchester	Road	Click Here	Half/10 Mile	£36
BMAF XC relay (Vets only)	28/10/17	Long Eaton	Off Road	n/a	RELAY	
MACCL 2	Nov-17	TBC	Off Road	n/a		
Salford Women's 5.25 mile (ladies only)	26/11/17	Salford	Off Road	Click Here	10km	£15
MACCL 3	Dec-17	TBC	Off Road	n/a		
Stockport 10	03/12/17	Stockport	Road	Click Here	Half/10 Mile	£19
Bowstones Fell Race	31/12/16	Disley	Off Road	TBC		£5
Best 10km race from Jan - Dec	Jan - Dec	Any UK	Road	n/a	10km	AGE GRADED
Best 5km race from Jan - Dec	Jan - Dec	Any UK	Road	n/a	5km	AGE GRADED
Best Half Marathon race from Jan - Dec	Jan - Dec	Any UK	Road	n/a	Half/10 Mile	
Best 10 Mile race from Jan - Dec	Jan - Dec	Any UK	Road	n/a	Half/10 Mile	
Best Park Run from Jan - Dec	Jan - Dec	Any UK	Road	n/a	5km	
All 4 Sale Sizzler Races or volunteering in 1 race	June / July	Wythenshawe	Road	TBC		5 BONUS POINTS
4 or more MACCL races	Jan - Dec	Various	Off Road	n/a		5 BONUS POINTS
Track representation (1 event or more)	Jan - Dec	Any UK	Road	n/a		5 BONUS POINTS

Off Road Champs - 6 Races to Count - Best 6 scores added together

Road Champs - must have 2 scoring races from each category - 5km / 10km / Half-10 Mile

Relays (Road Champs) not compulsory - but ONE performance can count for senior men and TWO for senior ladies

Relays (Road Champs) not compulsory - but TWO performances can count for Vet men and Three for Vet ladies

(Although V35 men can compete in the vet road and cross country relays they will not score points in the champs)

Age grading points will be calculated across all men or all women - not within each section