

ROAD CHAMPS

RACE 1	30/03/2018	Salford 10k
RACE 2	22/04/2018	Bolton 10k
RACE 3	BEST RESULT FROM:	
A	20/05/2018	Greater Manchester 10k (MARSHALLS NEEDED)
B	17/06/2018	Colshaw Hall 10k
RACE 4	BEST RESULT FROM:	
A	20/05/2018	Greater Manchester Half Marathon (MARSHALLS NEEDED)
B	24/06/2018	Wilmslow Half Marathon
BEST 4 RESULTS FROM:		
RACE 5	SEE BELOW	Cheshire 5k Series / Sale Sizzlers Series (MARSHALLS NEEDED)
RACE 6	SEE BELOW	Cheshire 5k Series / Sale Sizzlers Series (MARSHALLS NEEDED)
RACE 7	SEE BELOW	Cheshire 5k Series / Sale Sizzlers Series (MARSHALLS NEEDED)
RACE 8	SEE BELOW	Cheshire 5k Series / Sale Sizzlers Series (MARSHALLS NEEDED)
RACE 9	BEST RESULT FROM:	
A	02/09/2018	Trafford 10k
B	09/09/2018	City of Salford 10k
RACE 10	BEST RESULT FROM:	
A	30/09/2018	Littleborough 10k
B	14/10/2018	Manchester Half Marathon (MARSHALLS NEEDED)
RACE 11	25/11/2018	Wilmslow 10k
RACE 12	09/12/2018	Stockport 10

5K EVENTS

24/05/2018	Dunham Massey 5k #1
31/05/2018	Birchwood Brook 5k
07/06/2018	Bowdon 5k
14/06/2018	Dunham Massey 5k #2
24/06/2018	Hollins Green 5k
05/07/2018	Sale Sizzler #1
19/07/2018	Sale Sizzler #2
02/08/2018	Sale Sizzler #3
16/08/2018	Sale Sizzler #4

OFF ROAD CHAMPS

RACE 1 BEST RESULT FROM:

- A 06/01/2018 Cheshire Cross Country Championships
- B 06/01/2018 Manchester Cross Country Championships

RACE 2 13/01/2018 MACCL 4

RACE 3 27/01/2018 Northern Cross Country Championships

RACE 4 10/02/2018 MACCL 5

RACE 5 24/02/2018 National Cross Country Championships

RACE 6 BEST RESULT FROM:

- A 08/05/2018 Round the Runway
- B 09/05/2018 Mad Hatter's Trail Race

RACE 7 13/06/2018 Bill Fox Round the Ressers

RACE 8 30/06/2018 Whaley Waltz

RACE 9 25/07/2018 Millbrook Monster 10k

RACE 10 26/08/2018 Pennington Flash Trail Race

RACE 11 BEST RESULT FROM:

- A 13/10/2018 MACCL 1
- B 10/11/2018 MACCL 2

RACE 12 BEST RESULT FROM:

- A 01/12/2018 MACCL 3
- B 02/02/2018 Bill Fox Gravy Pud Fell Race

ALL EVENTS

06/01/2018	County XC Championships	https://gmaa.org.uk/crosscountry/
13/01/2018	MACCL 4	http://maccl.co.uk/
27/01/2018	Northern Cross Country Championships	https://www.northernathletics.org.uk/events/northern-athletics-cross-country-championships/
10/02/2018	MACCL 5	http://maccl.co.uk/
24/02/2018	National Cross Country Championships	http://www.englishcrosscountry.co.uk/the-national-cross-country-championships/
30/03/2018	Salford 10k	http://www.salfordharriers.co.uk/salford10km
22/04/2018	Bolton 10k	http://www.bolton10k.org/
08/05/2018	Round the Runway	http://wilmslowrunningclub.co.uk/our-races-2/round-the-runway/
09/05/2018	Mad Hatter's Trail Race	https://bellevueracers.com/events/mad-hatter/
20/05/2018	Great Manchester Run	http://www.greatrun.org/great-manchester-run
24/05/2018	Dunham Massey 5k #1	http://www.spectrumstriders.org.uk/our-races/north-cheshire-5k-grand-prix
31/05/2018	Birchwood Brook 5k	http://www.spectrumstriders.org.uk/our-races/north-cheshire-5k-grand-prix
07/06/2018	Bowdon 5k	http://www.spectrumstriders.org.uk/our-races/north-cheshire-5k-grand-prix
13/06/2018	Bill Fox Round the Ressers	http://www.northernboyslovegravy.co.uk/
14/06/2018	Dunham Massey 5k #2	http://www.spectrumstriders.org.uk/our-races/north-cheshire-5k-grand-prix
17/06/2018	Colshaw Hall 10k	www.cutefruitevents.com/colshaw-hall-10k/
24/06/2018	Hollins Green 5k	http://www.spectrumstriders.org.uk/our-races/north-cheshire-5k-grand-prix
24/06/2018	Wilmslow Half Marathon	http://www.wilmslowhalfmarathon.org.uk/
30/06/2018	Whaley Waltz	http://www.goytvalleystriders.org.uk/pages/waltz.html
05/07/2018	Sale Sizzler #1	https://sale-harriers.niftyentries.com/
19/07/2018	Sale Sizzler #2	https://sale-harriers.niftyentries.com/
25/07/2018	Millbrook Monster 10k	https://hydevillagestriders.org.uk/millbrook-monster
02/08/2018	Sale Sizzler #3	https://sale-harriers.niftyentries.com/
16/08/2018	Sale Sizzler #4	https://sale-harriers.niftyentries.com/
26/08/2018	Pennington Flash Trail Race	https://www.leighharriers.org/central-lancs-grand-prix-series-2018/
02/09/2018	Trafford 10k	http://www.racenumber.co.uk/events/trafford-10k-2018/
09/09/2018	City of Salford 10k	https://www.sportstoursinternational.co.uk/events/salford-10k/
30/09/2018	Littleborough 10k	http://cannonballevents.co.uk/littleborough-10k/
13/10/2018	MACCL 1	http://maccl.co.uk/

14/10/2018	Manchester Half Marathon	http://www.manchesterhalfmarathon.com/
10/11/2018	MACCL 2	http://maccl.co.uk/
25/11/2018	Wilmslow 10k	https://www.runnorthwest.co.uk/events/wilmslow-10k/
01/12/2018	MACCL 3	http://maccl.co.uk/
02/12/2018	Bill Fox Gravy Pud Fell Race	http://www.northernboyslovegravy.co.uk/
09/12/2018	Stockport 10	http://stk10.co.uk/