

# HELSEBY RUNNING CLUB CALENDAR

Updated: 05/02/2017

[Useful websites](http://www.fellrunners.org.uk)  
[www.fellrunners.org.uk](http://www.fellrunners.org.uk)  
[www.wfra.org.uk](http://www.wfra.org.uk)  
[www.runbritain.com](http://www.runbritain.com)

Club Counter	Other Counter	Type	Name	Date	Start Time	Location	Further Information
	NW	Fell	Moel y Ci (BS) 8km/5M 390m/1280ft [NW]	Sat 11/02/2017	12:00	Moelyci Environmental Centre, Tregarth, Bangor	<a href="http://www.eryriharriers.org.uk">www.eryriharriers.org.uk</a>
		Trail	Parbold Hill Race 6.75M	Sat 11/02/2017	14:00	Richard Durning's Endowed Primary School, Chorley Rd, Bispham, Nr. Parbold. L40 3SL	<a href="http://skemboundaryharriers.co.uk/wp/parbold-hill-race/">http://skemboundaryharriers.co.uk/wp/parbold-hill-race/</a>
		Road	Cancer Research Uk Manchester Winter Run (10K)	Sun 12/02/2017	08:00	Etihad Stadium, Ashton New Rd, Manchester M11 3FF	<a href="http://www.manchesterwinterrun.co.uk/">http://www.manchesterwinterrun.co.uk/</a>
*		XC	NW Sunday XC League Race 6 (Spectrum Striders)	Sun 19/02/2017	10:00	Birchwood Forest Park, Warrington	<a href="http://www.stevesaunders.co.uk">www.stevesaunders.co.uk</a>
*		Road	Village Bakery Wrexham Half 2017	Sun 19/02/2017	11:00	The Clubhouse, Oak Rd, Wrexham Industrial Estate, Wrexham LL13 9RG, United Kingdom	Please note clash with a XC race. Website: <a href="https://cutefruitevents.niftyentries.com/VillageBakeryHalf">https://cutefruitevents.niftyentries.com/VillageBakeryHalf</a>
		Road	Rhyl 10 Mile	Sat 25/02/2017	12:00	Rhyl, LL18 3AQ	<a href="http://www.runwales.com/events/rhyl-10-mile">www.runwales.com/events/rhyl-10-mile</a>
		Road	Oulton Park 10K	Sun 26/02/2017	10:00	Oulton Park Circuit Little Budworth, Tarpoley, Cheshire CW6 9BW	<a href="http://www.xtramileevents.com/events/ulton-park-half-marathon-10k/">http://www.xtramileevents.com/events/ulton-park-half-marathon-10k/</a>
		Road	Oulton Park Half	Sun 26/02/2017	12:30	Oulton Park Circuit Little Budworth, Tarpoley, Cheshire CW6 9BW	<a href="http://www.xtramileevents.com/events/ulton-park-half-marathon-10k/">http://www.xtramileevents.com/events/ulton-park-half-marathon-10k/</a>
		Road	Halewood 5K	Sat 04/03/2017	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	<a href="http://www.knowsleyharriers.com/alder-hey-5k/">www.knowsleyharriers.com/alder-hey-5k/</a>
		Road	Ron Hill Accrington 10K	Sun 05/03/2017	09:30	Accrington Market Hall, Hyndburn Borough Council/Peel St, Peel St, Accrington, Lancashire BB5 1ER	<a href="http://cannonballevents.co.uk/ron-hill-accrington-10k/">http://cannonballevents.co.uk/ron-hill-accrington-10k/</a>
		Road	High Legh 10K -- Sold Out But Has Waiting List	Sun 05/03/2017	10:00	High Legh, Cheshire	<a href="http://www.highlegh10k.org.uk">www.highlegh10k.org.uk</a>
*	Border League	Border League	Borders League Race 6: Helsby RC	Sun 05/03/2017	11:00	Manley Mere - Sail Sports and Adventure Trail, Manley Ln, Frodsham WA6 0PE, UK	Website: <a href="http://www.bordersleague.org.uk">www.bordersleague.org.uk</a> As we are organizing this race, marshals, etc will be required. Please let Jackie Keasley or Chris Fitzpatrick know if you can help
		Fell	Cloud Nine (BM) 14.5km/9M 381m/1250ft	Sun 05/03/2017	11:00	Brunswick Wharf, Congleton, CW12 1RG.	<a href="http://www.congleton-harriers.co.uk/cloud9.htm">www.congleton-harriers.co.uk/cloud9.htm</a>
		Club	HRC Presentation Evening (followed by Chris Igoe spinning the discs)	Fri 10/03/2017	19:30	Helsby Community Sports Club, Helsby, Frodsham WA6, UK	
		Road	Knighton 20 (Formerly Stafford 20) Provisional 20	Sun 12/03/2017	10:30	Knighton Social Club, High Street, Knighton, STAFFORD, Staffordshire, ST20 0QH	<a href="https://bookitzone.com/ken_rushton_1/zE2FFX">https://bookitzone.com/ken_rushton_1/zE2FFX</a>
	NW	Fell	Ras yr Aran (AM) 16.1km/945m 10M/3100ft [NW]	Sat 18/03/2017	13:00	Llanuwchllyn Village Hall (SH872261) NOT the Eagles Inn	<a href="http://www.run-meirionnydd.co.uk">www.run-meirionnydd.co.uk</a>

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Club Counter	Other Counter	Type	Name	Date	Start Time	Location	Further Information
		Road	Wigan Half	Sun 19/03/2017	09:30	Market Street, Wigan Town Centre, Wigan, Lancashire, WN1 1JN	<a href="http://www.wiganhalfmarathon.co.uk/">http://www.wiganhalfmarathon.co.uk/</a>
		Road	Wigan 5K	Sun 19/03/2017	09:30	Market Street, Wigan Town Centre, Wigan, Lancashire, WN1 1JN	<a href="http://www.wiganhalfmarathon.co.uk/">http://www.wiganhalfmarathon.co.uk/</a>
		Road	Wilmslow Half Marathon	Sun 19/03/2017	10:30	Wilmslow RUFC, Memorial Ground, Pownall Park, Kings Road, Wilmslow, Cheshire, SK9 5PZ.	<a href="http://www.wilmslowhalfmarathon.org.uk/">http://www.wilmslowhalfmarathon.org.uk/</a>
		Road	Vale Of Clwyd 10K @ Llandyrnog School	Sun 19/03/2017	11:00	Llandyrnog School	<a href="http://walkrunclwydian.co.uk/events/">walkrunclwydian.co.uk/events/</a>
		Road	Coniston 14	Sat 25/03/2017	11:00	Coniston, Cumbria	<a href="http://www.coniston14.com">www.coniston14.com</a>
*		Fell	Llantysilio (AS) 9.9km/6.2m 640m/2100ft	Sat 25/03/2017	11:00	Sun Inn, on B5103, Rhewl, nr Llangollen, GR 179448	<a href="http://www.tattenhallrunners.com">www.tattenhallrunners.com</a>
*		Road	Cheshire 10K	Sun 26/03/2017	09:30	Arley Hall & Gardens, Arley, Northwich, Cheshire, CW9 6NA	<a href="http://www.cheshire10k.com/">http://www.cheshire10k.com/</a>
		Road	Halewood 5K	Sat 01/04/2017	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	<a href="http://www.knowsleyharriers.com/alder-hey-5k/">www.knowsleyharriers.com/alder-hey-5k/</a>
		Road	Liverpool Half Marathon	Sun 02/04/2017	09:00	Pier Head, Liverpool	<a href="http://www.btrliverpool.com/liverpool-half-marathon">www.btrliverpool.com/liverpool-half-marathon</a>
		Road	Greater Manchester Marathon	Sun 02/04/2017	09:00	Emirates Old Trafford, LCCC, Talbot Road, M16 0PX	<a href="http://www.greatermanchestermarathon.com/">http://www.greatermanchestermarathon.com/</a>
		Road	Liverpool 10-Miler	Sun 02/04/2017	09:00	Pier Head, Liverpool	<a href="http://www.btrliverpool.com/lpool-10-miler">www.btrliverpool.com/lpool-10-miler</a>
*		Road	Darwen Heritage Half Marathon	Sun 02/04/2017	09:30	Darwen Aldridge Community Academy, Sudell Road, Darwen, BB3 3HD	<a href="http://www.dashers.org.uk/events/half">www.dashers.org.uk/events/half</a>
		Fell	Ras yr Moelwyn (AM) 16.9km/853m 10.5M/2800ft	Sat 08/04/2017	14:00	LL41 3ES, High St, Blaenau Ffestiniog, Gwynedd LL41 3ES, UK	<a href="http://www.rhedwyrhebog.co.uk">www.rhedwyrhebog.co.uk</a>
		Fell	Coledale Horseshoe (AM) 13.7km/8.5m 915m/3002ft	Sat 08/04/2017	15:30	Bratihwaite Lodge Grid ref: NY232231	<a href="http://www.fellrunner.org.uk/races.php?id=4858">http://www.fellrunner.org.uk/races.php?id=4858</a>
		Road	Sir John Talbot's Whitchurch 10K Road Race,	Sun 09/04/2017	10:00	Sir John Talbot's School, Tilstock Rd, Whitchurch, Shropshire, Whitchurch SY13 2BY, UK	<a href="http://www.sirjohntalbots.co.uk/sjt-10k/">http://www.sirjohntalbots.co.uk/sjt-10k/</a>
*	FvH	Border League	Borders League Race 5: Wirral AC, at New Brighton [FvH]	Sun 09/04/2017	11:00	New Brighton	<a href="http://www.bordersleague.org.uk">www.bordersleague.org.uk</a>
*		Road	Chester Spring 5	Wed 12/04/2017	19:00	Parking: Upton School, Chester, CH2 1NN	<a href="http://www.westcheshireac.co.uk">www.westcheshireac.co.uk</a>
		Road	Salford 10K (Good Friday Race)	Fri 14/04/2017	10:00	Salford Sports Village, Littleton Road, Lower Kersal, Salford, Greater Manchester, M7 3NQ	<a href="http://www.salfordharriers.co.uk/salford10km">http://www.salfordharriers.co.uk/salford10km</a>
	NW	Fell	Fron Four (AM) 11.4km/7.1M 716m/2350ft [NW]	Sat 15/04/2017	13:00	Fron School, near Caernarfon	<a href="http://www.eryriharriers.org.uk">www.eryriharriers.org.uk</a>

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		Fell	Rivington Pike (BS) 5.2km/3.2M 213m/699ft	Sat 15/04/2017	15:00	Crown Hotel, Horwich	<a href="http://www.horwichmiharriers.co.uk">www.horwichmiharriers.co.uk</a>
		Road	Hale 5	Sun 16/04/2017	09:30	Hale Park, Liverpool	<a href="http://northernrunningguide.com/race/hale-5">http://northernrunningguide.com/race/hale-5</a>
		Road	Air Products 10K	Sun 16/04/2017	10:15	Electra Way, Crewe, CW1 6XB	<a href="http://www.southcheshireharriers.org.uk/clubbraces/10k/10k_main.php">www.southcheshireharriers.org.uk/clubbraces/10k/10k_main.php</a>
*		Fell	Anniversary Waltz (AM) 18.5km/11.5M 1100m/3609ft	Sat 22/04/2017	11:30	Stair Village Hall, Newlands, CA12 5UF	<a href="http://www.anniversarywaltz.co.uk">www.anniversarywaltz.co.uk</a>
		Road	Blackpool Half Marathon	Sun 23/04/2017	09:00	Middle Walkway, North Promenade, Blackpool FY1 2JQ	<a href="http://www.fyldecoastrunners.com/blackpool-marathon-bullnbsphalf-marathon-bullnbsp10k.html">http://www.fyldecoastrunners.com/blackpool-marathon-bullnbsphalf-marathon-bullnbsp10k.html</a>
		Road	Blackpool Marathon	Sun 23/04/2017	09:00	Middle Walkway, North Promenade, Blackpool FY1 2JQ	<a href="http://www.fyldecoastrunners.com/blackpool-marathon-bullnbsphalf-marathon-bullnbsp10k.html">http://www.fyldecoastrunners.com/blackpool-marathon-bullnbsphalf-marathon-bullnbsp10k.html</a>
		Road	Blackpool 10K	Sun 23/04/2017	09:15	Middle Walkway, North Promenade, Blackpool FY1 2JQ	<a href="http://www.fyldecoastrunners.com/blackpool-marathon-bullnbsphalf-marathon-bullnbsp10k.html">http://www.fyldecoastrunners.com/blackpool-marathon-bullnbsphalf-marathon-bullnbsp10k.html</a>
		Fell	Mow Cop (BM) 10.5km/6.5m 400m/1312ft	Sun 23/04/2017	11:00	Mount Pleasant/ Mow Cop Village Hall, Mount Pleasant Rd, ST7 3LG	<a href="http://www.mowcoprunner.com">www.mowcoprunner.com</a>
		Road	Whitley 10K	Sun 23/04/2017	11:00	Whitley Village Hall, Village Lane, Higher Whitley WA4 4EJ, United Kingdom	<a href="http://10k.whitleyvillage.org.uk/">10k.whitleyvillage.org.uk/</a>
		Fell	Kinder Downfall	Sun 23/04/2017	11:30	Scout Hut, Swallow House Lane	<a href="http://www.t42.org.uk/hayfield">www.t42.org.uk/hayfield</a>
*		Border League	Borders League Race 7 + Presentation Night : Wrexham AC	Wed 26/04/2017	19:15		<a href="http://www.bordersleague.org.uk">www.bordersleague.org.uk</a>
*		Road	Mid Cheshire - 5K Spring 2017	Fri 28/04/2017	19:15	Kingsley Cricket Club Kingsley Cheshire WA6 8HY	<a href="http://cutefruitevents.niftyentries.com/cutefruitevents">http://cutefruitevents.niftyentries.com/cutefruitevents</a>
		Fell	Moel Wnion (AS) 7.5km/4.7m 540m/1772ft	Sat 29/04/2017	13:00	Ysgol Llanllechid (GR 621676).	<a href="http://www.eryriharriers.org.uk">www.eryriharriers.org.uk</a>
		Road	Oswestry Half	Sun 30/04/2017	09:30	British Ironworks Sculpture Park, Oswestry, Shropshire, SY11 4JH	<a href="http://www.uksportschat.co.uk/oswestry-half-marathon/">www.uksportschat.co.uk/oswestry-half-marathon/</a>
		Fell	Rainow 5 (BS) 8km/5M 229m/751ft	Wed 03/05/2017	19:00	Rainow Institute, B5470 between Macclesfield and Whaley Bridge.	<a href="http://www.fellrunner.org.uk/races.php?id=4814">www.fellrunner.org.uk/races.php?id=4814</a>
*	FvH	Fell (mini)	Ysgol Dinas Bran (AS) 6.9km/350m 4.3M/1150ft [FvH]	Wed 03/05/2017	19:15	Ysgol Dinas Bran, Dinbren Road, Llangollen, LL20 8TG	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
*	FvH	Fell	Ysgol Dinas Bran (AS) 6.9km/350m 4.3M/1150ft [FvH]	Wed 03/05/2017	19:15	Ysgol Dinas Bran, Dinbren Road, Llangollen, LL20 8TG	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
		Road	Halewood 5K	Sat 06/05/2017	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	<a href="http://www.knowsleyharriers.com/alder-hey-5k/">www.knowsleyharriers.com/alder-hey-5k/</a>
		Fell	Llangynhafal Loop (AS) 7.6km/4.7m 533m/1749ft	Sat 06/05/2017	13:00	Golden Lion, Llangynhafal, LL16 4LN. GR129633	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>

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		Road	The '2 Lakes Trail' Half Marathon @ Llyn Brenig Visitor Centre	Sun 07/05/2017	10:00	Llyn Brenig Visitor Centre	<a href="http://walkrunclwydian.co.uk/events/">walkrunclwydian.co.uk/events/</a>
*		Trail (mini)	Thurstaston Multi-Terrain Challenge	Tue 09/05/2017	19:15	Thurstaston, UK	<a href="http://www.stevesaunders.co.uk/">http://www.stevesaunders.co.uk/</a>
		Fell	Fairfield Horseshoe (AM) 14.5km/9M 914m/2999ft	Sat 13/05/2017	12:00	Rydal Hall, Rydal, Ambleside, Cumbria LA22 9LX, UK	<a href="http://www.amblesideac.org.uk">www.amblesideac.org.uk</a>
*		Fell	Moel Eilio (AM) 12.8km/8m 915m/3000ft	Sat 13/05/2017	13:00	Outside Plas Garnedd , Llanberis, LL55 4LF.	<a href="http://www.eryriharriers.org.uk">www.eryriharriers.org.uk</a>
		Road	Walton 5	Tue 16/05/2017	19:30	Walton Hall Park Sports Centre, Walton Hall Avenue, Walton, Liverpool, L4 9XP	<a href="http://www.liverpoolrunningclub.com/">http://www.liverpoolrunningclub.com/</a>
*		Road	Christelton 5K	Fri 19/05/2017	19:15	Christleton Sports Centre, Christleton, Chester	<a href="http://events.chestertri.org.uk/christleton-5k/">events.chestertri.org.uk/christleton-5k/</a>
		Fell	Ras Cader Idris (AM) 16.9km/915m 10.5M/3000ft	Sat 20/05/2017	13:00	Eldon Square, Dolgellau, Gwynedd LL40 1PS, UK	<a href="http://www.cader-race.co.uk">www.cader-race.co.uk</a>
		Road	Windermere Marathon	Sun 21/05/2017	09:00	Brathay Hall, Ambleside, LA22 0HP	<a href="https://www.brathaychallenges.com/events/running/marathon">https://www.brathaychallenges.com/events/running/marathon</a>
		Road	Chester Half Marathon	Sun 21/05/2017	09:00	Chester Racecourse, Chester, CH1 2LY	<a href="http://www.activeleisureevents.co.uk/half-marathon">http://www.activeleisureevents.co.uk/half-marathon</a>
		Road	Snowdonia Half Marathon	Sun 21/05/2017	10:00	Llanrwst Football Club House	<a href="http://www.runwales.com/events/snowdonia-half-marathon">www.runwales.com/events/snowdonia-half-marathon</a>
		Club	HRC Annual General Meeting	Wed 24/05/2017	20:30	Helsby Community Sports Club, Helsby, Frodsham WA6, UK	
		Road	Dunham Massey 5k	Thu 25/05/2017	19:15	Dunham Massey Park, Charcoal Road, Dunham Town, Altrincham, Cheshire, WA14 4SJ	<a href="http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries">http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries</a>
		Road	Liverpool Rock N Roll Half Marathon	Sun 28/05/2017	09:00	Pier Head, Liverpool	<a href="http://www.runrocknroll.com/liverpool/">http://www.runrocknroll.com/liverpool/</a>
		Road	Great Manchester 10K	Sun 28/05/2017	10:00	Manchester city centre	<a href="http://www.greatrun.org/great-manchester-run">http://www.greatrun.org/great-manchester-run</a>
		Road	Great Manchester Run Half Marathon	Sun 28/05/2017	10:00	Manchester city centre	<a href="http://www.greatrun.org/great-manchester-run">http://www.greatrun.org/great-manchester-run</a>
		Road	Liverpool Rock N Roll Marathon	Sun 28/05/2017	10:00	Pier Head, Liverpool	<a href="http://www.runrocknroll.com/liverpool/">http://www.runrocknroll.com/liverpool/</a>
*		Fell (mini)	Mynydd Myfyr Hill Run (CS) 6.5km/150m 4M/500ft	Sun 28/05/2017	11:30	Trefonen Village Hall, SY10 9DF	<a href="http://www.oswestryolympians.com">www.oswestryolympians.com</a>
*		Fell	Mynydd Myfyr Hill Run (CS) 6.5km/150m 4M/500ft	Sun 28/05/2017	11:30	Trefonen Village Hall, SY10 9DF	<a href="http://www.oswestryolympians.com">www.oswestryolympians.com</a>
		Road	Birchwood Brook	Fri 02/06/2017	19:30	Birchwood Community High School, Brock Rd, Birchwood, Warrington WA3 7PT, UK	<a href="http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries">http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries</a>

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*		Road	Halewood 5K	Sat 03/06/2017	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	<a href="http://www.knowsleyharriers.com/alder-hey-5k/">www.knowsleyharriers.com/alder-hey-5k/</a>
		Fell	Edenfield (BM) 10.3km/6.4M 477m/1565ft	Sun 04/06/2017	10:30	Edenfield Cricket Club, Gincroft Lane, BLO 0JW.	<a href="http://www.fellrunner.org.uk/races.php?id=5075">www.fellrunner.org.uk/races.php?id=5075</a>
*		Fell (mini)	Up the Beast (AS) 7.2km/458m 4.5M/1500ft	Wed 07/06/2017	19:15	Miners Arms, Village Rd, Maeshafn, Mold, Clwyd CH7 5LR, United Kingdom	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
*		Fell	Up the Beast (AS) 7.2km/458m 4.5M/1500ft	Wed 07/06/2017	19:15	Miners Arms, Village Rd, Maeshafn, Mold, Clwyd CH7 5LR, United Kingdom	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
		Road	Bowdon	Thu 08/06/2017	19:15	The Stamford Arms pub, The Firs, Bowdon, Altrincham, WA14 2TW, Cheshire	<a href="http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries">http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries</a>
		Fell	Hot foot up Famau (AS) 5.6km/3.5M 366m/1201ft	Wed 14/06/2017	17:00	Car park near Moel Famau, Denbighshire GR163605	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
		Road	Dunham Massey 5k #2	Thu 15/06/2017	19:15	Dunham Massey Park, Charcoal Road, Dunham Town, Altrincham, Cheshire, WA14 4SJ	<a href="http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries">http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries</a>
		Fell	Ras Pedol Cwm Pennant (AL) PRE-ENTRY 24km, 1700m (15miles/5600ft)	Sat 17/06/2017	11:00	Cwm Pennant Hostel, Cwm Pennant Mountain Centre, Brynkir, Gwynedd LL51 9AQ, United Kingdom	<a href="http://www.fellrace.org.uk/events/pedolcwpnpennant">www.fellrace.org.uk/events/pedolcwpnpennant</a>
		Road	Hollins Green	Sat 17/06/2017	17:00	Community Centre opposite Black Swan pub Manchester Road Hollins Green WA3 6LA	<a href="http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries">http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries</a>
		Road	Tour Of Thameside Ron Hill 7 Miler	Sun 18/06/2017	09:00	Hyde Town hall	<a href="https://www.sportstoursinternational.co.uk/event-categories/tour-of-thameside/">https://www.sportstoursinternational.co.uk/event-categories/tour-of-thameside/</a>
		Road	Port Sunlight 5K	Sun 18/06/2017	10:00	Port Sunlight village	<a href="http://www.btrriverpool.com/port-sunlight-5k10k">www.btrriverpool.com/port-sunlight-5k10k</a>
		Road	Port Sunlight 10K	Sun 18/06/2017	11:00	Port Sunlight village	<a href="http://www.btrriverpool.com/port-sunlight-5k10k">www.btrriverpool.com/port-sunlight-5k10k</a>
		Road	Freckleton Half Marathon	Sun 18/06/2017	14:00	Bush Lane Playing Fields, Freckleton, Preston, Lancashire, PR4 1SB	<a href="https://bookitzone.com/freckletonhalf/eH2FFX">https://bookitzone.com/freckletonhalf/eH2FFX</a>
		Road	Tattenhall Tough Team Race	Fri 23/06/2017	19:15	Tattenhall, Chester	<a href="http://www.tattenhallrunners.com/our-races/tough-team-race/">www.tattenhallrunners.com/our-races/tough-team-race/</a>
	NW	Fell	Moel Hebog (AS) 6.7km/4.2M 750m/2460ft [NW]	Sat 24/06/2017	13:00	Tourist Inforation Centre, Beddgelert	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
		Road	Colshaw Hall 10K (Knutsford) 2017	Sun 25/06/2017	10:00	Colshaw Hall Country Estate, Stocks Ln, Over Peover, Cheshire WA16 8TW, United Kingdom	<a href="http://cutefruitevents.niftyentries.com/cutefruitevents">http://cutefruitevents.niftyentries.com/cutefruitevents</a>
*		Road	Penny Lane Striders 10k	Sun 25/06/2017	10:30	Police Club, Riversdale Road, Aigburth, Liverpool L19 3QN	<a href="http://www.pennylanestridders.club/penny-lane-striders-10k.html">http://www.pennylanestridders.club/penny-lane-striders-10k.html</a>
*		Fell	Moel-y-gamelin (BM) 16km/10M 878m/2879ft	Sun 25/06/2017	11:00	Ponderosa Cafe, Horseshoe Pass, Llangollen. GR193481	<a href="http://www.wrexhamac.club">www.wrexhamac.club</a>

# HELSDY RUNNING CLUB CALENDAR

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[Useful websites](http://www.fellrunners.org.uk)  
[www.fellrunners.org.uk](http://www.fellrunners.org.uk)  
[www.wfra.org.uk](http://www.wfra.org.uk)  
[www.runbritain.com](http://www.runbritain.com)

Club Counter	Other Counter	Type	Name	Date	Start Time	Location	Further Information
		Club	Robbie Webster's Wobbler	Wed 28/06/2017	18:30	Forest Hills Hotel, Overton Hill, Frodsham WA6 6HH, UK	
*		Trail (mini)	Delamere ParkRun	Sat 01/07/2017	09:00	Delamere Forest, Frodsham WA6, UK	<a href="http://www.parkrun.org.uk/delamere/">http://www.parkrun.org.uk/delamere/</a>
		Road	Halewood 5K	Sat 01/07/2017	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	<a href="http://www.knowsleyharriers.com/alder-hey-5k/">www.knowsleyharriers.com/alder-hey-5k/</a>
		Fell	Moel Siabod (AS) 8.7km/700m 5.4M/2300ft	Sat 01/07/2017	14:00	Show Field, adjacent to Moel Siabod Cafe, Capel Curig, LL24 0EL (GR SH 728577)	<a href="http://www.moelsiabodcafe.co.uk">www.moelsiabodcafe.co.uk</a>
		Road	Southport 10K	Sun 02/07/2017	09:00	Victoria Park, Southport, PR8 2BZ	<a href="https://www.vitalevents.co.uk/events/southport-half-marathon-10k">https://www.vitalevents.co.uk/events/southport-half-marathon-10k</a>
		Road	Southport Half Marathon	Sun 02/07/2017	09:00	Victoria Park, Southport, PR8 2BZ	<a href="https://www.vitalevents.co.uk/events/southport-half-marathon-10k">https://www.vitalevents.co.uk/events/southport-half-marathon-10k</a>
		Road	Forest Park Ladies 5k	Wed 05/07/2017	19:30	Ranger Centre Birchwood Forest Park off Moss Gate Birchwood Warrington	<a href="http://www.spectrumstriders.co.uk/our-races/forest-park-ladies-5k/race-info-a-entries">http://www.spectrumstriders.co.uk/our-races/forest-park-ladies-5k/race-info-a-entries</a>
		Fell	Tal Y Fan (AM) 12.8km/8m 786m/2579ft	Sat 08/07/2017	09:00	Rowen Carnival Field GR759719	<a href="http://www.eryriharriers.org.uk">www.eryriharriers.org.uk</a>
*		Road	UKFast We Love Manchester 10k	Sun 09/07/2017	09:30	Etihad Stadium, Ashton New Road, Manchester M11 3FF, United Kingdom	<a href="https://www.sportstoursinternational.co.uk/events/manchester-10k/">https://www.sportstoursinternational.co.uk/events/manchester-10k/</a>
		Road	Chirk Castle Half Marathon	Sun 09/07/2017	10:00	Chirk Castle, Chirk, LL14 5AF	<a href="http://www.runwales.com/events/chirk-castle-half-marathon">www.runwales.com/events/chirk-castle-half-marathon</a>
*		Fell (mini)	The Druid (BS) 8km/5M 366m/1201ft	Wed 12/07/2017	19:30	The Druid Inn, Llanferres on A494 W of Mold. GR188605	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
		Fell	The Druid (BS) 8km/5M 366m/1201ft	Wed 12/07/2017	19:30	The Druid Inn, Llanferres on A494 W of Mold. GR188605	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
*		Fell	The Druid (BS) 8km/5M 366m/1201ft	Wed 12/07/2017	19:30	The Druid Inn, Llanferres on A494 W of Mold. GR188605	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
		Road	Arley Hall Half (Provisional Date)	Sun 16/07/2017	00:00	Arley Hall and Gardens	<a href="http://www.cheshirehalf.com/">http://www.cheshirehalf.com/</a>
		Road	Windmill Half Marathon	Sun 16/07/2017	10:00	Fairhaven Lake Cafe, Lytham St Annes FY8 1BD	<a href="http://www.fyldecoastrunners.com/windmill-half-marathon.html">http://www.fyldecoastrunners.com/windmill-half-marathon.html</a>
		Fell	Kentmere Horseshoe (AM) 19.8km/12.3m 1006m/3300ft	Sun 16/07/2017	13:00	Kentmere Village Hall.	<a href="http://www.peteblandsports.co.uk">www.peteblandsports.co.uk</a>
		Fell	Gyrn Gallop (BM) 10.6km/350m 7M/1200ft	Sat 22/07/2017	13:00	Rhiwlas Village Hall, Llansilin	<a href="http://www.oswestryolympians.com">www.oswestryolympians.com</a>
*		Fell (mini)	Green Green Grass of Home (AS) 8km/5m 457m/1499ft	Wed 26/07/2017	19:30	Golden Lion, Llangynhafal, LL16 4LN, GR129633	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
		Fell	Green Green Grass of Home (AS) 8km/5m 457m/1499ft	Wed 26/07/2017	19:30	Golden Lion, Llangynhafal, LL16 4LN, GR129633	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
*		Fell	Green Green Grass of Home (AS) 8km/5m 457m/1499ft	Wed 26/07/2017	19:30	Golden Lion, Llangynhafal, LL16 4LN, GR129633	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>

# HELBY RUNNING CLUB CALENDAR

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[Useful websites](#)  
[www.fellrunners.org.uk](http://www.fellrunners.org.uk)  
[www.wfra.org.uk](http://www.wfra.org.uk)  
[www.runbritain.com](http://www.runbritain.com)

Club Counter	Other Counter	Type	Name	Date	Start Time	Location	Further Information
		Road	North Wales Half Marathon	Sat 29/07/2017	09:00	Beacons, Conwy Morfa, Conwy, LL32 8ER	<a href="http://www.runwales.com/events/north-wales-half-marathon">www.runwales.com/events/north-wales-half-marathon</a>
	NW	Fell	Push up the Pincyn (BS) 10km/396m 6.2M/1300ft [NW]	Sat 29/07/2017	14:00	Clawdd-newydd, United Kingdom GR: SJ 085 527	<a href="http://www.clawddnewydd.org.uk">www.clawddnewydd.org.uk</a>
		Road	Helena Tipping Wrexham 10K 2017	Sun 30/07/2017	10:00	The Clubhouse, Wrexham Industrial Estate, LL13 9PH	<a href="http://cutefruitevents.niftyentries.com/cutefruitevents">http://cutefruitevents.niftyentries.com/cutefruitevents</a>
		Fell	Ponderosa (BS) 6.4km/4m 289m/948ft	Wed 02/08/2017	19:00	Ponderosa Cafe, Horseshoe Pass, Llangollen. GR193481	<a href="http://www.wrexham-athletics.co.uk">www.wrexham-athletics.co.uk</a>
*		Trail (mini)	Pie & Peas	Wed 02/08/2017	19:30	Moulton, Cheshire	<a href="http://www.valeroyalathleticclub.co.uk">www.valeroyalathleticclub.co.uk</a>
		Road	Halewood 5K	Sat 05/08/2017	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	<a href="http://www.knowsleyharriers.com/alder-hey-5k/">www.knowsleyharriers.com/alder-hey-5k/</a>
		Road	Vale Of Clwyd 5K @ Llandyrnog School	Sun 06/08/2017	11:00	Llandyrnog School, LL16 4EY	<a href="http://walkrunclwydian.co.uk/events/">walkrunclwydian.co.uk/events/</a>
		Fell	Arenig Fawr (AM) 13km/8.1M 1000m/3281ft	Sun 06/08/2017	13:00	Arenig Quarry SH 830393	<a href="http://yiannistridimas.webs.com/">http://yiannistridimas.webs.com/</a>
	NW BC	Fell	Maesgwn Muddle (AM) 16.4km/10M 850m/2789ft [NW][BC]	Sat 12/08/2017	11:00	Heights Hotel, Llanberis	<a href="http://www.eryriharriers.org.uk">www.eryriharriers.org.uk</a>
		Road	City Of Preston 5 Mile Road Race	Sun 13/08/2017	10:00	Walmer Bridge Village Hall, Gill Lane, Walmer Bridge, Preston, Lancashire, PR4 5GN	<a href="https://www.runbritain.com/entries/EnterRace.aspx?eventId=7fbe08cf5f75&amp;erid=7dbb06cf5f6e">https://www.runbritain.com/entries/EnterRace.aspx?eventId=7fbe08cf5f75&amp;erid=7dbb06cf5f6e</a>
*		Road	Ellesmere Port Rc 5K Road Race (Formerly Capenhurst 5K)	Wed 16/08/2017	19:15	Capenhurst, Ellesmere Port, Chester	<a href="http://ellesmereportrunningclub.org.uk">ellesmereportrunningclub.org.uk</a>
		Fell	Darwen Gala Catherine Dowdall Memorial (BS) (7.5km/4.7m 283m/928ft)	Sat 19/08/2017	13:30	Main Gala event field, Borough Rd, Darwen, BB3 2TA	<a href="http://www.darwenrunninggroup.co.uk/">http://www.darwenrunninggroup.co.uk/</a>
		Road	Birchwood 10K	Sun 20/08/2017	10:00	Birchwood Shopping Centre, Dewhurst Rd, Birchwood, Warrington WA3 7PG, United Kingdom	<a href="http://www.spectrumstriders.org.uk/our-races/birchwood-10k/race-info">www.spectrumstriders.org.uk/our-races/birchwood-10k/race-info</a>
		Road	Mid Cheshire 5K - Summer 2017	Thu 24/08/2017	19:15	Kingsley Cricket Club Kingsley Cheshire WA6 8HY	<a href="http://cutefruitevents.niftyentries.com/cutefruitevents">http://cutefruitevents.niftyentries.com/cutefruitevents</a>
		Fell	Cnicht (AS) 7.2km/4.5m 564m/1850ft	Sun 27/08/2017	11:00	Croesor car park, nr Porthmadog. GR631447	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
		Fell	Cilcain Show Mountain Race (AS) 7.4km 392m	Mon 28/08/2017	13:00	Cilcain, Mold, Flintshire CH7, UK	<a href="http://www.cilcainshow.org.uk">www.cilcainshow.org.uk</a>
		Road	Halewood 5K	Sat 02/09/2017	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	<a href="http://www.knowsleyharriers.com/alder-hey-5k/">www.knowsleyharriers.com/alder-hey-5k/</a>
*		Fell	Gladstone 9 (AM) 14.5km/855m 9M/2800ft	Sat 02/09/2017	13:00	Gladstone Hotel, Dwygyfylchi, Penmaenmawr (GR SH 729772)	<a href="http://www.eryriharriers.org.uk">www.eryriharriers.org.uk</a>



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[www.wfra.org.uk](http://www.wfra.org.uk)  
[www.runbritain.com](http://www.runbritain.com)

Club Counter	Other Counter	Type	Name	Date	Start Time	Location	Further Information
		Road	South Cheshire 20	Sun 03/09/2017	09:30	Shavington Sports Centre, Rope Lane, Shavington, Crewe CW2 5DJ	<a href="http://www.southcheshireharriers.org.uk/">http://www.southcheshireharriers.org.uk/</a>
		Fell	Shelf Moor (AS) 9.1km/5.7m 457m/1499ft	Sun 03/09/2017	11:00	Scout Hut, Old Glossop.	<a href="http://www.glossopdaleharriers.wordpress.com/club-races/shelf-moor-fell-race">www.glossopdaleharriers.wordpress.com/club-races/shelf-moor-fell-race</a>
*		Trail (mini)	Wirral MT Race - Race 1	Tue 05/09/2017	19:00	Wirral	<a href="http://www.stevesaunders.co.uk/">http://www.stevesaunders.co.uk/</a>
	NW	Fell	Peris Horseshoe (AL) 28.2km/2600m 17.5M/8500ft [NW]	Sat 09/09/2017	11:00	Heights Hotel, Llanberis	<a href="http://www.eryriharriers.org.uk">www.eryriharriers.org.uk</a>
		Road	Wirral 10K	Sun 10/09/2017	09:30	Coastal Drive, New Brighton	<a href="http://www.btrliverpool.com/wirral-half-and-10k">www.btrliverpool.com/wirral-half-and-10k</a>
		Road	Wirral 1 Half Marathon	Sun 10/09/2017	09:30	Coastal Drive, New Brighton	<a href="http://www.btrliverpool.com/wirral-half-and-10k">www.btrliverpool.com/wirral-half-and-10k</a>
*		Trail (mini)	Wirral MT Race - Race 2	Tue 12/09/2017	19:00	Wirral	<a href="http://www.stevesaunders.co.uk/">http://www.stevesaunders.co.uk/</a>
*		Fell	King John's Castle (BS) 7.4km/4.6m 265m/869ft	Sat 16/09/2017	11:00	Raven Inn, Llanarmon-yn-Ial. SJ190562	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
		Road	English Half Marathon	Sun 17/09/2017	09:00	Winmarleigh St, Warrington WA1 1NB	<a href="http://ehm.contest-sports.com/">http://ehm.contest-sports.com/</a>
		Road	English Half Marathon 10K	Sun 17/09/2017	09:00	Winmarleigh St, Warrington WA1 1NB	<a href="http://ehm.contest-sports.com/">http://ehm.contest-sports.com/</a>
*		Road	Sutton 6	Sun 17/09/2017	11:00	Guilden Sutton Village Hall, Guilden Sutton, Chester, CH3 7SW	<a href="http://www.westcheshireac.co.uk/roadracing/Sutton6">www.westcheshireac.co.uk/roadracing/Sutton6</a>
*		Trail (mini)	Wirral MT Race - Race 3	Tue 19/09/2017	18:30	Wirral	<a href="http://www.stevesaunders.co.uk/">http://www.stevesaunders.co.uk/</a>
		Road	Macclesfield Half Marathon	Sun 24/09/2017	10:00	Macclesfield Leisure Centre, Priory Lane, Macclesfield, Cheshire SK10 4AF	<a href="http://www.macc-half.co.uk/">www.macc-half.co.uk/</a>
		Road	Natterjack 10K	Sun 24/09/2017	11:00	Princes Park, Southport	<a href="http://www.natterjackseaside10k.com">www.natterjackseaside10k.com</a>
*		Trail (mini)	Wirral MT Race - Race 3	Tue 26/09/2017	18:30	Wirral	<a href="http://www.stevesaunders.co.uk/">http://www.stevesaunders.co.uk/</a>
		Fell	Thieveley Pike (AS) 7km/4.3M 400m/1312ft	Sat 30/09/2017	11:00	St John's Church Hall, Holme, Chapel-in-Cliviger, nr Burnley, BB10 4SU.	<a href="http://www.claytonlemons.org.uk">www.claytonlemons.org.uk</a>
*		Road	Congleton Half Marathon	Sun 01/10/2017	09:30	Congleton CW12 4QH, UK	<a href="http://www.congleton-harriers.co.uk/half.htm">www.congleton-harriers.co.uk/half.htm</a>
		Road	Tunnel 10K	Sun 01/10/2017	09:30	Blackstock Street, Liverpool	<a href="http://www.btrliverpool.com/mersey-tunnel-10k">www.btrliverpool.com/mersey-tunnel-10k</a>
		Road	Halewood 5K	Sat 07/10/2017	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	<a href="http://www.knowsleyharriers.com/alder-hey-5k/">www.knowsleyharriers.com/alder-hey-5k/</a>
	NW	Fell	Trefriw Mill (AM) 17km/10M 880m/2886ft [NW]	Sat 07/10/2017	11:00	Trefriw Village Hall, LL27 0JH	<a href="http://www.trefriwoutdoors.co.uk/">www.trefriwoutdoors.co.uk/</a>



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[www.wfra.org.uk](http://www.wfra.org.uk)  
[www.runbritain.com](http://www.runbritain.com)

Club Counter	Other Counter	Type	Name	Date	Start Time	Location	Further Information
*		Fell	Langdale Horseshoe (AL) 13.1M 4757ft	Sat 07/10/2017	11:00	Old Dungeon Ghyll, Great Langdale, LA22 9JY	<a href="http://www.amblesideac.org.uk">www.amblesideac.org.uk</a>
		Road	Chester Marathon	Sun 08/10/2017	09:00	Chester Racecourse, Chester, CH1 2LY	<a href="http://www.activeleisureevents.co.uk/marathon">http://www.activeleisureevents.co.uk/marathon</a>
		Road	Chester Metric Marathon	Sun 08/10/2017	10:15	Chester Racecourse, Chester, CH1 2LY	<a href="http://www.activeleisureevents.co.uk/metric-marathon">www.activeleisureevents.co.uk/metric-marathon</a>
		Fell	Breidden Hills (AM) 11km/6.8m 750m/2461ft	Sun 08/10/2017	11:00	Criggion Village Hall;Crewe Green, Shrewsbury.GR 296149	<a href="http://www.merciafellrunners.org.uk">www.merciafellrunners.org.uk</a>
		Road	Bartletts Farndon 10K 2017	Sun 15/10/2017	09:30	Farndon Sports & Social Club, Crewe Ln, Farndon, Chester, Cheshire CH3 6PG, United Kingdom	<a href="http://cutefruitevents.niftyentries.com/cutefruitevents">http://cutefruitevents.niftyentries.com/cutefruitevents</a>
		Fell	Clwydian Hills (AM) 14.4km/9m 915m/3000ft	Sun 22/10/2017	11:00	Cilcain Village Hall, CH7 5NN. GR SJ177652	<a href="http://www.newsar.org.uk/fundraising/newsar-clwydian-fell-race">www.newsar.org.uk/fundraising/newsar-clwydian-fell-race</a>
		Road	Halewood 5K	Sat 04/11/2017	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	<a href="http://www.knowsleyharriers.com/alder-hey-5k/">www.knowsleyharriers.com/alder-hey-5k/</a>
		Road	Langley 7	Sat 04/11/2017	14:00	Langley Methodist Church, Main Road, Langley, Macclesfield, Cheshire, SK11 0BU	<a href="http://www.macclesfield-harriers.co.uk/">http://www.macclesfield-harriers.co.uk/</a>
		Fell	Penmaenmawr (BM) 16.1km/10m 594m/1949ft	Sat 18/11/2017	10:30	Capelulo Village Hall, LL346YU	<a href="http://www.eryriharriers.org.uk">www.eryriharriers.org.uk</a>
		Road	Conwy Half Marathon	Sun 19/11/2017	10:00	St Marys Church Hall, Conwy	<a href="http://www.runwales.com/events/conwy-half-marathon/">www.runwales.com/events/conwy-half-marathon/</a>
		Road	Halewood 5K	Sat 02/12/2017	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	<a href="http://www.knowsleyharriers.com/alder-hey-5k/">www.knowsleyharriers.com/alder-hey-5k/</a>
		Fell	Cardington Cracker (AM) 14.5km/9m 793m/2602ft	Sun 03/12/2017	11:00	Cardington Village Hall, Cardington, nr Church Stretton, SY6 7JZ.	<a href="http://www.telfordathleticclub.co.uk">www.telfordathleticclub.co.uk</a>

## USEFUL INFORMATION

Border League' Races, for race info see:

[www.bordersleague.org.uk](http://www.bordersleague.org.uk)

'Sunday League' events include free tea & sandwiches after the race, for race info see:

[www.stevesaunders.co.uk](http://www.stevesaunders.co.uk)

'Liverpool & District' events, for race info see:

[www.lps-athletics.co.uk/ld-cross-country](http://www.lps-athletics.co.uk/ld-cross-country)

The Cheshire, L&D, Northern & National XC **champs**, are pre-entry events and our cross country co-ordinator will ask who wants to be entered and do a block

For all other races (Border League, Sunday League XC, etc.), please just turn up and run i.e. no registration and no entry fee – how good is that!

### **Please remember to wear your Helsby club vest - for all races**

Your best 7 results to count in each championship, a minimum of 4 needed to be eligible for a prize. Separate men's and ladies championships will be run.

In addition to the Helsby RC Championship, the two other Championships are indicated on the calendar:

Cheshire Road Race Grand Prix (CGP) [http://cheshireaa.com/Results/RRGP/cheshire\\_road\\_race\\_grand\\_prix\\_2016.aspx](http://cheshireaa.com/Results/RRGP/cheshire_road_race_grand_prix_2016.aspx)

WFRA North Wales Series (NW) [www.wfra.org.uk](http://www.wfra.org.uk)

Inter-club fell championship (ICC) <http://www.spectrumstriders.org.uk/club-champs/team-competitions/inter-club-fell-competition>

Please see above website for details

For **Fell Races**, please note FRA rules: all runners should arrive at races prepared to carry all of the following “best practice” equipment:

- Waterproof whole body cover
- Other body cover appropriate for the weather conditions including, as a minimum, hat and gloves but also e.g. a fleece
- Map, preferably waterproof, of the race route and surrounding area
- Compass suitable for navigating the course (GPS type equipment is not acceptable)
- Whistle
- Emergency food (long races).

More details from:-

Jackie Keasley	01928 724905 / 07960 570827	<a href="mailto:jackiekeasley@btinternet.com">jackiekeasley@btinternet.com</a>
Colin Thompson	07872 121898	<a href="mailto:col808@hotmail.com">col808@hotmail.com</a>
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Joe Beswick	01928 732427	<a href="mailto:joebeswick@supervet1.com">joebeswick@supervet1.com</a>