

HELSEBY RUNNING CLUB CALENDAR

Updated: 18/03/2018

Useful websites
www.fellrunners.org.uk
www.wfra.org.uk
www.runbritain.com

Club Counter	Other Counter	Type	Name	Date	Start Time	Location	Further Information
		Road	WRC Spring 5 miler	Sat 24/03/2018	09:00	Colliers moss, Off Bold lane, WA9 4TX	www.warringtonrc5miler.co.uk
		Road	Coniston 14	Sat 24/03/2018	11:00	Coniston, Cumbria	www.coniston14.com
*		Fell	Llantysilio (AS) 9.9km/6.2m 640m/2100ft	Sat 24/03/2018	11:00	Sun Inn, on B5103, Rhewl, nr Llangollen, GR 179448	www.tattenhallrunners.com
*		Road	Liverpool 10-Miler	Sun 25/03/2018	09:00	Pier Head, Liverpool	www.btrliverpool.com/lpool-10-miler
		Road	Liverpool Half Marathon	Sun 25/03/2018	09:00	Pier Head, Liverpool	www.btrliverpool.com/liverpool-half-marathon
		Road	Brynkinalt estate 5k, 10k and 20k trail races	Sun 25/03/2018	09:00	Brynkinalt Estate, Chirk, Wrexham	http://www.uphilldowndale.com/events/brynkinalt
		Road	Darwen Heritage Half Marathon	Sun 25/03/2018	09:30	Darwen Aldridge Community Academy, Sudell Road, Darwen, BB3 3HD	www.dashers.org.uk/events/half
		Road	Pensby runners seaside runs (5k)	Wed 28/03/2018	18:30	Leasowe Common, Moreton, Wirral, CH464TA	www.seasideruns.com
		Road	Salford 10K (Good Friday Race)	Fri 30/03/2018	10:00	Salford Sports Village, Littleton Road, Lower Kersal, Salford, Greater Manchester, M7 3NQ	http://www.salfordharriers.co.uk/salford10km
		Fell	Fron Four (AM) 11.4km/7.1M 716m/2350ft	Sat 31/03/2018	13:00	Fron School, near Caernarfon	www.eryriharriers.org.uk
		Fell	Rivington Pike (BS) 5.2km/3.2M 213m/699ft	Sat 31/03/2018	15:00	Crown Hotel, Horwich	www.horwichmiharriers.co.uk
*		Road	Hale 5	Sun 01/04/2018	09:30	Hale Park, Liverpool	http://northernrunningguide.com/race/hale-5
		Road	Air Products 5k & 10K	Sun 01/04/2018	10:15	Electra Way, Crewe, CW1 6XB	www.southcheshireharriers.org.uk/clubraces/10k/10k_main.php
		Road	Halewood 5K	Sat 07/04/2018	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	www.knowsleyharriers.com/alder-hey-5k/
		Fell	Coledale Horseshoe (AM) 13.7km/8.5m 915m/3002ft	Sat 07/04/2018	11:00	Braithwaite Lodge (NY232231)	www.ellenboroughac.org.uk
		Road	Tatton 10k	Sun 08/04/2018	09:00	Tatton Park Gardens, Mereheath Dr, Knutsford WA16 6QN	http://www.tatton10k.com/
		Road	Greater Manchester Marathon	Sun 08/04/2018	09:00	Emirates Old Trafford, LCCC, Talbot Road, M16 0PX	http://www.greatermanchestermarathon.com/
		Road	Sir John Talbot's Whitchurch 10K Road Race,	Sun 08/04/2018	10:00	Sir John Talbot's School, Tilstock Rd, Whitchurch, Shropshire, Whitchurch SY13 2BY, UK	http://www.sirjohntalbots.co.uk/sjt-10k/
*		Border League	Borders League Race 6: Wreccam Triathlon Club at Mold [FvH]	Sun 08/04/2018	11:00	Mold CH7, UK	www.bordersleague.org.uk
		Fell	Mow Cop (BM) 10.5km/6.5m 400m/1312ft	Sun 08/04/2018	11:00	Mount Pleasant/ Mow Cop Village Hall, Mount Pleasant Rd, ST7 3LG	www.mowcoprunner.com

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	NW	Fell	Foel Lus (AS) 5.1km/3.2M 273m/896ft [NW]	Tue 10/04/2018	19:15	'Fairy Glen' Dwygyfylchi, near Penmaenmawr	www.wfra.me.uk
*		Road	Chester Spring 5	Wed 11/04/2018	19:00	Parking: Upton School, Chester, CH2 1NN	www.westcheshireac.co.uk
		Road	Tunnel 10K	Sun 15/04/2018	09:30	Blackstock Street, Liverpool	www.btrliverpool.com/mersey-tunnel-10k
		Road	Whitley 10K	Sun 15/04/2018	11:00	Whitley Village Hall, Village Lane, Higher Whitley WA4 4EJ, United Kingdom	10k.whitleyvillage.org.uk/
		Road	Wirral AC - Track Endurance Series 2018 - 1 mile	Sun 15/04/2018	15:30	The Oval Leisure Centre, Old Chester Rd, Bebington, Wirral CH63 7LF, UK	http://www.wirralac.co.uk/track-endurance-series-2018/
		Fell	Anniversary Waltz (AM) 18.5km/11.5M 1100m/3609ft	Sat 21/04/2018	11:30	Stair Village Hall, Newlands, CA12 5UF	www.anniversarywaltz.co.uk
		Fell	Moel Wnion (AS) 7.5km/4.7m 540m/1772ft	Sat 21/04/2018	13:00	Ysgol Llanllechid (GR 621676).	www.eryriharriers.org.uk
		Road	Blackpool Half Marathon	Sun 22/04/2018	09:00	Middle Walkway, North Promenade, Blackpool FY1 2JQ	http://www.fyldecoastrunners.com/blackpool-marathon-bullnbsphalf-marathon-bullnbsp10k.html
		Road	Blackpool Marathon	Sun 22/04/2018	09:00	Middle Walkway, North Promenade, Blackpool FY1 2JQ	http://www.fyldecoastrunners.com/blackpool-marathon-bullnbsphalf-marathon-bullnbsp10k.html
		Road	Blackpool 10K	Sun 22/04/2018	09:15	Middle Walkway, North Promenade, Blackpool FY1 2JQ	http://www.fyldecoastrunners.com/blackpool-marathon-bullnbsphalf-marathon-bullnbsp10k.html
		Fell	Kinder Downfall (BM) 15.4km 600m	Sun 22/04/2018	11:30	Scout Hut, Swallow House Lane	www.t42.org.uk/hayfield
		Road	Pensby runners seaside runs (5k)	Wed 25/04/2018	19:00	Leasowe Common, Moreton, Wirral, CH464TA	www.seasideruns.com
*		Border League	Borders League Race 7: Deestriders	Wed 25/04/2018	19:15		www.bordersleague.org.uk
*		Road	Mid Cheshire - 5K Spring 2017	Fri 27/04/2018	19:15	Kingsley Cricket Club Kingsley Cheshire WA6 8HY	http://cutefruitevents.niftyentries.com/cutefruitevents
*	NW	Fell	Llangynhafal Loop (AS) 7.6km/4.7m 533m/1749ft [NW]	Sat 28/04/2018	13:00	Golden Lion, Llangynhafal, LL16 4LN. GR129633	www.wfra.org.uk
		Road	Chester Half Marathon	Sun 29/04/2018	09:00	Chester Racecourse, Chester, CH1 2LY	http://www.activeleisureevents.co.uk/half-marathon
		Road	Halewood 5K	Sat 05/05/2018	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	www.knowsleyharriers.com/alder-hey-5k/
		Road	John West Liverpool spring 5k	Sat 05/05/2018	12:00	Sefton park, Liverpool, L7 7DB	http://www.merseyraces.co.uk/
		Fell	Ras yr Moelwyn (AM) 16.9km/853m 10.5M/2800ft	Sat 05/05/2018	14:00	Clwb Rygbi in Blaenau (Llwyn Gell Ind Est, Blaenau Ffestinog, LL41 3NE)	Facebook (Ras Moel Hebog Race)
		Road	Run through Tatton 10k	Sun 06/05/2018	09:00	Tatton Park Gardens, Mereheath Dr, Knutsford WA16 6QN	https://www.tatton10k.com/

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		Road	John West Liverpool spring 10k	Sun 06/05/2018	10:00	Sefton park, Liverpool, L7 7DB	http://www.merseyraces.co.uk/
		Road	The '2 Lakes Trail' Half Marathon & 10k	Sun 06/05/2018	10:15	Llyn Brenig Visitor Centre	walkrunclwydian.co.uk/events/
*		Trail (mini)	Thurstaston Multi terrain	Tue 08/05/2018	19:15	Wirral Country Park, Station Road, Thurstaston, Merseyside CH61 0HN	www.stevesaunders.co.uk
*		Road	Walton 5	Tue 08/05/2018	19:30	Walton Hall Park Sports Centre, Walton Hall Avenue, Walton, Liverpool, L4 9XP	http://www.liverpoolrunningclub.com/
*	FvH	Fell (mini)	Ysgol Dinas Bran (AS) 6.9km/350m 4.3M/1150ft [FvH]	Wed 09/05/2018	19:15	Ysgol Dinas Bran, Dinbren Road, Llangollen, LL20 8TG	Facebook (Dinas Bran Hill Race)
		Fell	Rainow 5 (BS) 8km/5M 229m/751ft	Wed 09/05/2018	19:30	Rainow Institute, B5470 between Macclesfield and Whaley Bridge.	www.fellrunner.org.uk/races.php?id=5657
		Road	Wirral AC - Track Endurance Series 2018 - 5km	Wed 09/05/2018	19:45	The Oval Leisure Centre, Old Chester Rd, Bebington, Wirral CH63 7LF, UK	http://www.wirralac.co.uk/track-endurance-series-2018/
		Club	Sandstone trail challenge	Sat 12/05/2018	06:15	Frodsham Community Centre, Fluin Ln, Frodsham WA6 7QN, UK	https://www.helsbyrunningclub.org.uk/sandstone-intro.htm
		Fell	Fairfield Horseshoe (AM) 14.5km/9M 914m/2999ft	Sat 12/05/2018	12:00	Rydal Hall, Rydal, Ambleside, Cumbria LA22 9LX, UK	www.amblesideac.org.uk
		Club	Helsby RC AGM	Wed 16/05/2018	20:30	Helsby Community Sports Club, Chester Rd, Frodsham WA6 0DL,	
		Road	Christelton 5K	Fri 18/05/2018	19:15	Christleton Sports Centre, Christleton, Chester	events.chestertri.org.uk/christleton-5k/
		Road	Rock N Roll Liverpool 5k	Sat 19/05/2018	09:30	Pier Head, Liverpool	http://www.runrocknroll.com/liverpool
*	IC	Fell	Lad's Leap (AS) 9.5km 518m [Inter-Counties Fell Races]	Sat 19/05/2018	12:00	Crowden Campsite, nr Woodhead, off A628 (GR073993)	Facebook (Glossop Fell Races)
	NW	Fell	Ras Cader Idris (AM) 16.9km/915m 10.5M/3000ft [NW]	Sat 19/05/2018	13:00	Eldon Square, Dolgellau, Gwynedd LL40 1PS, UK	www.cader-race.co.uk
		Road	Windermere Marathon	Sun 20/05/2018	09:00	Brathay Hall, Ambleside, LA22 0HP	https://www.brathaychallenges.com/events/running/marathon
		Road	Liverpool Rock N Roll Half Marathon	Sun 20/05/2018	09:00	Pier Head, Liverpool	http://www.runrocknroll.com/liverpool/
		Road	Run through Heaton park 5k, 10k and Half marathon	Sun 20/05/2018	09:30	Middleton Rd, Manchester M25 2SW	
		Road	Great Manchester Run Half Marathon	Sun 20/05/2018	10:00	Manchester city centre	http://www.greatrun.org/great-manchester-run
		Road	Liverpool Rock N Roll Marathon	Sun 20/05/2018	10:00	Pier Head, Liverpool	http://www.runrocknroll.com/liverpool/
		Road	Snowdonia Half Marathon	Sun 20/05/2018	10:00	Llanrwst Football Club House	www.runwales.com/events/snowdonia-half-marathon

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		Road	Great Manchester 10K	Sun 20/05/2018	10:00	Manchester city centre	http://www.greatrun.org/great-manchester-run
		Road	Dunham Massey 5k	Thu 24/05/2018	19:15	Dunham Massey Park, Charnock Road, Dunham Town, Altrincham, Cheshire, WA14 4SL	http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries
		Fell	Moel Eilio (AM) 12.8km/8m 915m/3000ft	Sat 26/05/2018	13:00	Outside Plas Garnedd, Llanberis, LL55 4LF.	www.wfra.org.uk
*		Fell (mini)	Mynydd Myfyr Hill Run (CS) 6.5km/150m 4M/500ft	Sun 27/05/2018	11:30	Trefonen Village Hall, SY10 9DF	www.oswestryolympians.com
		Road	Pensby runners seaside runs (5k)	Wed 30/05/2018	19:00	Leasowe Common, Moreton, Wirral, CH464TA	www.seasideruns.com
		Road	Birchwood Brook	Thu 31/05/2018	19:30	Birchwood Community High School, Brock Rd, Birchwood, Warrington WA3 7PT, UK	http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries
	NW	Fell	Welsh 1000 Metre Peaks (AL) 32km/20M 2440m/8000ft [NW]	Sat 02/06/2018	09:00	Abergwyngregyn (GR 652728)	www.welsh1000m.org
		Road	Halewood 5K	Sat 02/06/2018	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	www.knowsleyharriers.com/alder-hey-5k/
		Fell	Edenfield (BM) 10.3km/6.4M 477m/1565ft	Sun 03/06/2018	10:30	Edenfield Cricket Club, Gincroft Lane, BL0 0JW.	http://www.fellrunner.org.uk/races.php?id=5590
*		Fell (mini)	Up the Beast (AS) 7.2km/458m 4.5M/1500ft	Wed 06/06/2018	19:15	Miners Arms, Village Rd, Maeshafn, Mold, Clwyd CH7 5LR, United Kingdom	www.wfra.org.uk
*		Fell	Up the Beast (AS) 7.2km/458m 4.5M/1500ft	Wed 06/06/2018	19:15	Miners Arms, Village Rd, Maeshafn, Mold, Clwyd CH7 5LR,	www.wfra.org.uk
		Road	Birkenhead park 5 (wirral AC)	Wed 06/06/2018	19:30	Park Dr, Birkenhead CH41 4HY	http://www.wirralac.co.uk/competitionsbirkenhead-park-road-races/
		Road	Bowdon	Thu 07/06/2018	19:15	The Stamford Arms pub, The Firs, Bowdon, Altrincham, WA14 2TW, Cheshire	http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries
	NW	Fell	Tal y Mignedd (AS) 6.7km/4.1M 520m/1700ft [NW] [BC]	Sat 09/06/2018	14:00	Tal y Mignedd campsite, Nantlle Valley (GR 531531)	http://fellrace.org.uk/races/tal-y-mignedd
		Road	Run through Tatton 10k	Sun 10/06/2018	09:00	Tatton Park Gardens, Mereheath Dr, Knutsford WA16 6QN	www.tatton10k.com
		Road	Race the Train Bury to Rawtenstall	Sun 10/06/2018	11:00	Bury Train station, Bury	http://www.madbullevents.com/
		Fell	Hot foot up Famau (AS) 5.6km/3.5M 366m/1201ft	Wed 13/06/2018	19:30	Car park near Moel Famau, Denbighshire GR163605	www.wfra.org.uk
		Road	Wirral AC - Track Endurance Series 2018 - 3km	Wed 13/06/2018	19:45	The Oval Leisure Centre, Old Chester Rd, Bebington, Wirral CH63 7LF, UK	http://www.wirralac.co.uk/track-endurance-series-2018/

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		Road	Dunham Massey 5k #2	Thu 14/06/2018	19:15	Dunham Massey Park, Charcoal Road, Dunham Town, Altrincham, Cheshire, WA14 4SJ	http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries
	Club		Helsby RC Presentation	Fri 15/06/2018	18:30	Chester Rd, Frodsham WA6 0DL, United Kingdom	
		Road	Tour of Thameside Half marathon	Sat 16/06/2018	10:00	Hyde Town hall	https://www.sportstoursinternational.co.uk/event-categories/tour-of-tameside/
		Road	Dark peak trail run (25.1k)	Sun 17/06/2018	08:30	hayfield scout HQ, Swallow house lane, hayfield SJ22 2HF	http://trailrunningpeaks.co.uk/dark-peak-trail-run
		Road	Tour Of Thameside Ron Hill 7 Miler	Sun 17/06/2018	09:00	Hyde Town hall	https://www.sportstoursinternational.co.uk/event-categories/tour-of-tameside/
		Road	Colshaw Hall 10K (Knutsford) 2017	Sun 17/06/2018	10:00	Colshaw Hall Country Estate, Stocks Ln, Over Peover, Cheshire WA16	http://cutefruitevents.niftyentries.com/cutefruitevents
		Road	Port Sunlight 5K	Sun 17/06/2018	10:00	Port Sunlight village	www.btrliverpool.com/port-sunlight-5k10k
*		Road	Port Sunlight 10K	Sun 17/06/2018	11:00	Port Sunlight village	www.btrliverpool.com/port-sunlight-5k10k
		Road	Freckleton Half Marathon	Sun 17/06/2018	14:00	Bush Lane Playing Fields, Freckleton, Preston, Lancashire, PR4 1SB	https://bookitzone.com/freckletonhalf/eH2FFX
		Road	Tattenhall Tough Team Race	Fri 22/06/2018	19:15	Tattenhall, Chester	www.tattenhallrunners.com/our-races/tough-team-race/
		Fell	Moel Hebog (AS) 6.7km/4.2M 750m/2460ft	Sat 23/06/2018	13:00	Tourist Inforation Centre, Beddgelert	Facebook (Ras Moel Hebog Race)
		Road	Penny Lane Striders 10k	Sun 24/06/2018	10:30	Police Club, Riversdale Road, Aigburth, Liverpool L19 3QN	http://www.pennylanestridders.club/penny-lane-stridders-10k.html
*		Fell	Moel-y-gamelin (BM) 16km/10M 878m/2879ft	Sun 24/06/2018	11:00	Ponderosa Cafe, Horseshoe Pass, Llangollen. GR193481	www.wrexhamac.club
		Road	Hollins Green	Sun 24/06/2018	17:00	Community Centre opposite Black Swan pub Manchester Road Hollins Green WA2 6LA	http://www.spectrumstriders.co.uk/our-races/north-cheshire-5k-grand-prix/series-info-a-entries
		Road	Pensby runners seaside runs (5k)	Wed 27/06/2018	19:00	Leasowe Common, Moreton, Wirral, CH464TA	www.seasideruns.com
*	ICFC	Trail (mini)	The Wobbler [ICFC]	Wed 27/06/2018	19:30	Forest Hills Hotel, Overton Hill, Frodsham WA6 6HH, UK	
		Road	WRC Summer 5 miler	Sat 30/06/2018	09:00	Colliers moss, Off Bold lane, WA9 4TX	www.warringtonrc5miler.co.uk
		Road	Southport Half Marathon	Sun 01/07/2018	09:00	Victoria Park, Southport, PR8 2BZ	https://www.vitalevents.co.uk/events/southport-half-marathon-10k
		Road	Southport 10K	Sun 01/07/2018	09:00	Victoria Park, Southport, PR8 2BZ	https://www.vitalevents.co.uk/events/southport-half-marathon-10k
		Road	Morcambe half marathon	Sun 01/07/2018	11:00	Superbowl, Central driver, Morcambe	http://www.lancaster-race-series.co.uk/

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		Road	Forest Park Ladies 5k	Wed 04/07/2018	19:30	Ranger Centre Birchwood Forest Park off Moss Gate Birchwood	http://www.spectrumstriders.co.uk/our-races/forest-park-ladies-5k/race-info-a-entries
		Road	Halewood 5K	Sat 07/07/2018	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	www.knowsleyharriers.com/alder-hey-5k/
		Fell	Moel Siabod (AS) 8.7km/700m 5.4M/2300ft	Sat 07/07/2018	14:00	Show Field, adjacent to Moel Siabod Cafe, Capel Curig, LL24 0EL (GR SH	www.moelsiabodcafe.co.uk
		Road	The Grind 5 mile road race	Sun 08/07/2018	09:00	ECCLESTON MERE, ST HELENS	https://www.thegrind5.com/
		Road	UKFast We Love Manchester 10k	Sun 08/07/2018	09:30	Etihad Stadium, Ashton New Road, Manchester M11 3FF, United Kingdom	https://www.sportstoursinternational.co.uk/events/manchester-10k/
*	ICFC	Fell (mini)	The Druid (BS) 8km/5M 366m/1201ft [ICFC]	Wed 11/07/2018	19:30	The Druid Inn, Llanferres on A494 W of Mold. GR188605	www.wfra.org.uk
		Road	Wirral AC - Track Endurance Series 2018 - 10km	Wed 11/07/2018	19:45	The Oval Leisure Centre, Old Chester Rd, Bebington, Wirral CH63 7LE UK	http://www.wirralac.co.uk/track-endurance-series-2018/
		Road	Hawarden estate trail races (5k & 10k Options)	Sat 14/07/2018	10:00	Chester Rd, Hawarden, Flintshire, Deeside CH5 3FB	walkrunclwydian.co.uk/events/
*	NW	Fell	Tal Y Fan (AM) 12.8km/8m 786m/2579ft [NW]	Sat 14/07/2018	14:00	Rowen Carnival Field GR759719	www.eryriharriers.org.uk
		Road	Windmill Half Marathon	Sun 15/07/2018	10:00	Fairhaven Lake Cafe, Lytham St Annes FY8 1BD	http://www.fyldecoastrunners.com/windmill-half-marathon.html
		Road	North Wales Half Marathon	Sat 21/07/2018	11:00	Beacons, Conwy Morfa, Conwy, LL32 8ER	www.runwales.com/events/north-wales-half-marathon
		Road	Pensby runners seaside runs (5k)	Wed 25/07/2018	19:00	Leasowe Common, Moreton, Wirral, CH464TA	www.seasideruns.com
		Fell	Green Green Grass of Home (AS) 8km/5m 457m/1499ft	Wed 25/07/2018	19:30	Golden Lion, Llangynhafal, LL16 4LN, GR129633	www.wfra.org.uk
		Fell	Gyrn Gallop (BM) 10.6km/350m 7M/1200ft	Sat 28/07/2018	13:00	Rhiwlas Village Hall, Llansilin	www.oswestryolympians.com
		Fell	Push up the Pincyn (BS) 10km/396m 6.2M/1300ft	Sat 28/07/2018	14:00	Clawdd-newydd, Denbighshire, LL15 2NA United Kingdom GR: SJ 085 527	www.clawddnewydd.org.uk
*		Road	Helena Tipping Wrexham 10K 2017	Sun 29/07/2018	10:00	The Clubhouse, Wrexham Industrial Estate, LL13 9PH	http://cutefruitevents.niftyentries.com/cutefruitevents
*		Fell	Kentmere Horseshoe (AM) 19.8km/12.3m 1006m/3300ft	Sun 29/07/2018	13:00	Kentmere Village Hall.	www.kentmerehorseshoe.org.uk
		Fell	Ponderosa (BS) 6.4km/4m 289m/948ft	Wed 01/08/2018	19:00	Ponderosa Cafe, Horseshoe Pass, Llangollen. GR193481	Facebook (Ponerosa Fell Race)
*		Trail (mini)	Pie and Peas 5	Wed 01/08/2018	19:30	Moulton , cheshire	http://www.valeroyalathleticclub.co.uk/
		Road	Halewood 5K	Sat 04/08/2018	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	www.knowsleyharriers.com/alder-hey-5k/

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		Fell	Arenig Fawr (AM) 13km/8.1M 1000m/3281ft	Sun 05/08/2018	13:00	Arenig Quarry SH 830393	http://yiannistridimas.webs.com/
		Road	Wirral AC - Track Endurance Series 2018 - 5km	Wed 08/08/2018	19:45	The Oval Leisure Centre, Old Chester Rd, Bebington, Wirral CH63 7LF, UK	http://www.wirralac.co.uk/track-endurance-series-2018/
		Road	City Of Preston 5 Mile Road Race	Sun 12/08/2018	10:00	Walmer Bridge Village Hall, Gill Lane, Walmer Bridge, Preston, Lancashire, PR4 5GN	https://www.runbritain.com/entries/EnterRace.aspx?eventid=7f8e08cf5f75&erid=7dbb06cf5f6e
*	ICFC	Fell	2 Hillforts (BM) 15km/630m 9.2M/2071ft [ICFC]	Sun 12/08/2018	13:00	The Kinmel Arms Tavern, Denbigh LL16 4HN, UK	www.walkrunclwydian.co.uk
*		Road	Ellesmere Port Rc 5K Road Race (Formerly Capenhurst 5K)	Wed 15/08/2018	19:15	Capenhurst, Ellesmere Port, Chester	ellesmereportrunningclub.org.uk
		Fell	Trefriw Mill (AM) 17km/10M 880m/2886ft	Sat 18/08/2018	11:00	Trefriw Village Hall, LL27 0JH	www.trefriwoutdoors.co.uk/
		Fell	Darwen Gala Catherine Dowdall Memorial (BS) (7.5km/4.7m 283m/928ft)	Sat 18/08/2018	13:30	Main Gala event field, Borough Rd, Darwen, BB3 2TA	http://www.darwenrunninggroup.co.uk/
*		Trail (mini)	Race the Train (14M)	Sat 18/08/2018	14:00	Tywyn, Mid Wales	http://www.racethetrain.com/
		Road	Birchwood 10K	Sun 19/08/2018	10:00	Birchwood Shopping Centre, Dewhurst Rd, Birchwood, Warrington, WA2 7PG, United Kingdom	www.spectrumstriders.org.uk/our-races/birchwood-10k/race-info
*		Fell	Cnicht (AS) 7.2km/4.5m 564m/1850ft	Sun 26/08/2018	11:00	Croesor car park, nr Porthmadog. GR631447	www.wfra.org.uk
*		Fell (mini)	Cilcain Show Mountain Race (AS) 7.4km 392m	Mon 27/08/2018	13:00	Cilcain, Mold, Flintshire CH7, UK	www.cilcainshow.org.uk
		Road	Pensby runners seaside runs (5k)	Wed 29/08/2018	19:00	Leasowe Common, Moreton, Wirral, CH464TA	www.seasideruns.com
		Road	Halewood 5K	Sat 01/09/2018	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	www.knowsleyharriers.com/alder-hey-5k/
		Fell	Gladstone 9 (AM) 14.5km/855m 9M/2800ft	Sat 01/09/2018	13:00	Gladstone Hotel, Dwygyfylchi, Penmaenmawr (GR SH 729772)	Facebook (Gladstone 9 Fell Race)
		Road	South Cheshire 20	Sun 02/09/2018	09:30	Shavington Sports Centre, Rope Lane, Shavington, Crewe CW2 5DJ	http://www.southcheshireharriers.org.uk/
		Road	Dream trail 5k & 10k	Sun 02/09/2018	10:00	Dream, Sutton Mannor, St Helens	http://www.dreamtrailrace.org.uk/
		Road	Garstang half marathon	Sun 02/09/2018	10:30	Garstang Sports & Social Club, Preston	www.garstangrc.co.uk
		Fell	Shelf Moor (AS) 9.1km/5.7m 457m/1499ft	Sun 02/09/2018	11:00	Scout Hut, Old Glossop.	www.glossopdaleharriers.wordpress.com/club-races/shelf-moor-fell-race

HELSEBY RUNNING CLUB CALENDAR

Updated: 18/03/2018

Useful websites
www.fellrunners.org.uk
www.wfra.org.uk
www.runbritain.com

Club Counter	Other Counter	Type	Name	Date	Start Time	Location	Further Information
*		Trail (mini)	Wirral Multi-Terrain Series - Royden Park	Tue 04/09/2018	19:00	Royden Park, Hillbark Road, Frankby, Wirral CH48 1NP, UK	www.stevesaunders.co.uk
		Road	Wirral AC - Track Endurance Series 2018 - 3km	Wed 05/09/2018	19:45	The Oval Leisure Centre, Old Chester Rd, Bebington, Wirral CH63	http://www.wirralac.co.uk/track-endurance-series-2018/
		Road	Wirral 1 Half Marathon	Sun 09/09/2018	09:30	Coastal Drive, New Brighton	www.btrliverpool.com/wirral-half-and-10k
		Road	Wirral 10K	Sun 09/09/2018	09:30	Coastal Drive, New Brighton	www.btrliverpool.com/wirral-half-and-10k
*	NW	Fell	Ras Cynr y Brain (BM) 11.25km/7M 365m/1200ft [NW]	Sun 09/09/2018	11:00	Ponderosa Cafe, Horseshoe Pass, Llangollen. GR193481	Facebook (Ras Cynr y Brain)
*		Trail (mini)	Wirral Multi-Terrain Series - Thurston	Tue 11/09/2018	19:00	Wirral Country Park, Station Rd, Thurston, Wirral CH61 0HN, UK	www.stevesaunders.co.uk/
*		Fell (mini)	King John's Castle (BS) 7.4km/4.6m 265m/869ft	Sat 15/09/2018	11:00	Raven Inn, Llanarmon-yn-Ial. SJ190562	www.buckleyrunners.org.uk
*		Fell	King John's Castle (BS) 7.4km/4.6m 265m/869ft	Sat 15/09/2018	11:00	Raven Inn, Llanarmon-yn-Ial. SJ190562	www.buckleyrunners.org.uk
		Road	English Half Marathon 10K	Sun 16/09/2018	09:00	Winmarleigh St, Warrington WA1 1NB	http://ehm.contest-sports.com/
		Road	English Half Marathon	Sun 16/09/2018	09:00	Winmarleigh St, Warrington WA1 1NB	http://ehm.contest-sports.com/
*		Road	Sutton 6	Sun 16/09/2018	11:00	Guilden Sutton Village Hall, Guilden Sutton, Chester, CH3 7SW	www.westcheshireac.co.uk/roadracing/Sutton6
		Road	Sandbach 10k	Sun 16/09/2018	11:00	Bradwall Village Hall, Bradwall Road, Sandbach, Cheshire, CW11 1RG	http://www.sandbachstriders.co.uk/ourraces
*		Trail (mini)	Wirral Multi-Terrain Series - Harrison Drive	Tue 18/09/2018	18:30	Harrison Drive, North Wirral Coastal Park, Wallasey	www.stevesaunders.co.uk/
		Road	Macclesfield Half Marathon	Sun 23/09/2018	10:00	Macclesfield Leisure Centre, Priory Lane, Macclesfield, Cheshire SK10	www.macc-half.co.uk/
		Road	Natterjack 10K	Sun 23/09/2018	11:00	Princes Park, Southport	www.natterjackseaside10k.com
*		Trail (mini)	Wirral Multi-Terrain Series - Arrowe Park	Tue 25/09/2018	18:30	Toby Carvery, Arrowe Park Rd, Birkenhead, Wirral CH49 5LW, UK	www.stevesaunders.co.uk/
		Fell	Peris Horseshoe (AL) 28.2km/2600m 17.5M/8500ft	Sat 29/09/2018	11:00	Electric Mountain, Llanberis, LL55 4UR	www.eryriharriers.org.uk
		Fell	Thieveley Pike (AS) 7km/4.3M 400m/1312ft	Sat 29/09/2018	11:00	St John's Church Hall, Holme, Chapel-in-Cliviger, nr Burnley, BB10 4SU.	www.claytonlemoors.org.uk
*		Road	Halewood 5K	Sat 06/10/2018	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	www.knowsleyharriers.com/alder-hey-5k/
		Road	Chester Marathon	Sun 07/10/2018	09:00	Chester Racecourse, Chester, CH1 2LY	http://www.activeleisureevents.co.uk/marathon

HELSDY RUNNING CLUB CALENDAR

Updated: 18/03/2018

Useful websites
www.fellrunners.org.uk
www.wfra.org.uk
www.runbritain.com

Club Counter	Other Counter	Type	Name	Date	Start Time	Location	Further Information
		Road	Congleton Half Marathon	Sun 07/10/2018	09:30	Congleton CW12 4QH, UK	www.congleton-harriers.co.uk/half.htm
		Road	Chester Metric Marathon	Sun 07/10/2018	10:15	Chester Racecourse, Chester, CH1 2LY	www.activeleisureevents.co.uk/metric-marathon
		Fell	Langdale Horseshoe (AL) 13.1M 4757ft	Sat 13/10/2018	11:00	Old Dungeon Ghyll, Great Langdale, LA22 9JY	www.amblesideac.org.uk
		Road	Alder hey 10k - the grand 10k at Aintree racecourse	Sun 14/10/2018	10:15	Aintree racecourse	http://www.sportstoursinternational.co.uk/running/the-grand-10k-run-at-aintree
		Fell	Breidden Hills (AM) 11km/6.8m 750m/2461ft	Sun 14/10/2018	11:00	Criggion Village Hall;Crewe Green, Shrewsbury.GR 296149	www.merciafellrunners.org.uk
		Road	WRC Autumn 5 miler	Sat 20/10/2018	09:00	Colliers moss, Off Bold lane, WA9 4TX	www.warringtonrc5miler.co.uk
		Fell	Clwydian Hills (AM) 14.4km/9m 915m/3000ft	Sun 21/10/2018	11:00	Cilcain Village Hall, CH7 5NN. GR SJ177652	www.clwydianfellrace.org
		Road	Snowdonia Marathon Eryri	Sat 27/10/2018	10:30	Electric mountain visitor centre, Llanberis, LL55 4UR	www.snowdoniamarathon.co.uk
		Road	Halewood 5K	Sat 03/11/2018	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	www.knowsleyharriers.com/alder-hey-5k/
		Road	Langley 7	Sat 03/11/2018	14:00	Langley Methodist Church, Main Road, Langley, Macclesfield, Cheshire, SK11 0BU	http://www.macclesfield-harriers.co.uk/
		Road	Striders trail 5	Sun 04/11/2018	09:30	Sankey visitor Centre: Snip inn, Blackbrook Rd, St Helens, Merseyside, WA11 0AB	https://striderstrail5.com/
*		Fell	Penmaenmawr (BM) 16.1km/10m 594m/1949ft	Sat 17/11/2018	10:30	Capelulo Village Hall, LL346YU	Facebook (Penmaenmawr Fell Race)
*		Road	Conwy Half Marathon	Sun 18/11/2018	10:00	St Marys Church Hall, Conwy	www.runwales.com/events/conwy-half-marathon/
		Road	Halewood 5K	Sat 01/12/2018	10:00	Knowsley Harriers AC, Halewood Club House, Okell Drive, L26 7XB	www.knowsleyharriers.com/alder-hey-5k/
		Fell	Cardington Cracker (AM) 14.5km/9m 793m/2602ft	Sun 02/12/2018	11:00	Cardington Village Hall, Cardington, nr Church Stretton, SY6 7JZ.	www.telfordathleticclub.co.uk
		Road	Essar Chester Round the Walls Race	Wed 26/12/2018	10:30	Chester Racecourse, Chester, CH1 2LY	http://wcac.niftyentries.com/
		Club	4VHM Setup	Sat 19/01/2019	09:00	Helsby Community Sports Club, Chester Rd, Helsby, Frodsham WA6 0DL, UK	
		Club	Four Villages Half Marathon	Sun 20/01/2019	10:30	Helsby Community Sports Club, Chester Rd, Helsby, Frodsham WA6 0DL, UK	

USEFUL INFORMATION

Border League' Races, for race info see:

www.bordersleague.org.uk

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

www.stevesaunders.co.uk

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

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_2017.aspx

WFRA North Wales Series (NW) 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:-

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