

DAY	DATE	TIME	TYPE	RACE	DETAILS	CLUB INFO	OTHER	LINK
SAT	30 January 2010		XC	Welsh XC Champs, Corwen				
SUN	31 January 2010	11.00AM	XC	NW Sunday League XC, Walton Park	R5	COUNTER		
SUN	31 January 2010	10.00AM	FELL	Kinder Trial, Hayfield	11m, 2000'			<a href="http://www.cs.man.ac.uk/~temples/hc/">www.cs.man.ac.uk/~temples/hc/</a>
THU	04 February 2010	6.30PM	TRAIL	Helsby Hill Headtorch Run All Welcome - Training Run only			Helsby Club	
SAT	06 February 2010		XC	North Wales XC League V, Oswestry				
SUN	07 February 2010		XC	Liverpool & District XC, Clarke Gardens	R4	COUNTER		
SUN	07 February 2010	11.30AM	FELL	Long Mynd Valleys, Social Club, Church Stretton	AM, 11.5m, 4500'			<a href="http://www.merciafellrunners.org.uk">www.merciafellrunners.org.uk</a>
SUN	07 February 2010	10.30AM	ROAD	Radcliffe 10 mile, Radcliffe Cricket Club	10m			<a href="http://www.radcliffeac.org.uk">www.radcliffeac.org.uk</a>
SUN	07 February 2010	11.30AM	ROAD	Alexandra Park 5k	5k			<a href="http://www.openathletics.org">www.openathletics.org</a>
SUN	07 February 2010	11.00AM	ROAD	Alsager 5 mile	5m			<a href="http://www.alsager5.co.uk">www.alsager5.co.uk</a>
SUN	07 February 2010		ROAD	Nick Beer 10km, Llandudno	10k			
SAT	13 February 2010	1.00PM	XC	Cheshire XC Champs, Reaseheath Campus		COUNTER		
SAT	13 February 2010	2.00PM	TRAIL	Parbold Hill Race, nr Wigan	6.75m			
SAT	13 February 2010		ROAD	Manchester 10k LoveRun	10k			
SAT	13 February 2010	8.00AM	TRAIL	Anglezarke Amble 16 or 24m, Rivington, Lancs	16 or 24m			
SUN	14 February 2010	10.30AM	ROAD	Valentine's Day 5k, Anderton Arms, Preston	5k			<a href="http://www.shoestringresults.com">www.shoestringresults.com</a>
SUN	14 February 2010	10.00AM	FELL	Winter Hill Fell Race, Rivington	AM, 11m, 2750'			<a href="http://www.horwichmiharriers.co.uk">www.horwichmiharriers.co.uk</a>
SUN	14 February 2010	11.00AM	ROAD	Border League R4 - Abergele	R4	COUNTER		
SAT	20 February 2010	11.00AM	FELL	Moel Y Ci	BS, 5m, 950'			<a href="http://www.eryriharriers.blogspot.com">www.eryriharriers.blogspot.com</a>
SUN	21 February 2010	11.00AM	XC	Liverpool & District XC R6, Birchwood	R6	COUNTER		
SUN	21 February 2010	9.00AM	TRAIL	Beacon Bash 21m, Newburgh nr Wigan	21m	COUNTER		
SUN	21 February 2010	11.00AM	ROAD	High Legh 10k, High Legh Primary School	10k			<a href="http://www.highleggh.org/race">www.highleggh.org/race</a>
SUN	21 February 2010	9.30AM	ROAD	Trafford 10k, Partington Leisure Centre	10k			<a href="http://www.altrincham-athletics.co.uk">www.altrincham-athletics.co.uk</a>
SUN	21 February 2010	11.00AM	ROAD	Village Bakery Half, Wrexham	Half		No Entry on Day	<a href="http://www.wrexhamroadrunners.org.uk/">www.wrexhamroadrunners.org.uk/</a>
SUN	21 February 2010	11.00AM	ROAD	Great North West Half Marathon, Blackpool	Half			
SAT	27 February 2010	2.30PM	TRAIL	Standish Hall Winter 10k, Britannia Hotel, Wigan	10k			<a href="http://www.wiganphoenix.org.uk">www.wiganphoenix.org.uk</a>
SAT	27 February 2010	11.00AM	FELL	Bleasdale Circle	AS, 5m, 1250'			
SAT	27 February 2010		XC	National XC Champs, Leeds				
SUN	28 February 2010		ROAD	Lostock 6	6m			
SUN	28 February 2010	10.30AM	ROAD	Preston Docklands 5, Carrfour Gym, Preston	5m			<a href="http://www.shoestringresults.com">www.shoestringresults.com</a>
THU	04 March 2010	7.00PM	TRAIL	Helsby Hill Headtorch Run All Welcome - Training Run only			Helsby Club	
SAT	06 March 2010	11.00AM	FELL	Half Tour of Pendle	AM, 9m, 2250'			<a href="http://www.clayton-le-moors-harriers.co.uk">www.clayton-le-moors-harriers.co.uk</a>
SAT	06 March 2010	12.00PM	FELL	Pipe Dream Fell Race, Dolgarrog Community Centre	AS, 5m, 1700			<a href="http://www.wfra.co.uk">www.wfra.co.uk</a>
SUN	07 March 2010	11.00AM	ROAD	Stanley Park 10k, Stanley Park Arena	10k			
SUN	07 March 2010	11.00AM	XC	NW Sunday League XC, Runcorn Town Park (was Race 4)	R4	COUNTER		
SUN	07 March 2010	11.30AM	ROAD	Alexandra Park 5k, Manchester	5k			<a href="http://www.openathletics.org">www.openathletics.org</a>
SUN	07 March 2010	11.00AM	FELL	Cloud Nine Hill Race, Leisure Centre, Congleton	BM, 9m, 1250'			<a href="http://www.congleton-harriers.co.uk">www.congleton-harriers.co.uk</a>
SUN	07 March 2010	1.00PM	ROAD	Farndon 10k	10k			<a href="http://www.wrexhamroadrunners.org.uk">www.wrexhamroadrunners.org.uk</a>
SAT	13 March 2010	8.00AM	FELL	Haworth Hobble Wuthering Hike	BL, 33m, 4400'			<a href="http://www.kcac.co.uk">www.kcac.co.uk</a>
SAT	13 March 2010	2.00PM	ROAD	Haigh Hall 4 Stage Relays 3.75, Wigan	3.75m			<a href="http://www.wiganphoenix.org.uk">www.wiganphoenix.org.uk</a>
SAT	13 March 2010	1.00PM	FELL	Moel Wnion, Llanllechid, Rachub, nr Bethesda	AM, 6m, 2400'			<a href="http://www.eryri.org.uk">www.eryri.org.uk</a>
SAT	13 March 2010		TRAIL	Grindleford Gallop 21m, Grindleford, Peak District	21m			
SUN	14 March 2010		TRAIL	Roddlesworth Roller				
SUN	14 March 2010		ROAD	Burnley 10k	10k			
SUN	14 March 2010	11.00AM	ROAD	Border League R5 - Wreccsam Tri		COUNTER		
SAT	20 March 2010	11.00AM	FELL	Fiensdale, Fell foot, NW of Chipping	AM, 7.5m, 2500'			<a href="http://www.bowlandfellrunners.org.uk">www.bowlandfellrunners.org.uk</a>
SAT	20 March 2010		TRAIL	Ras Yr Aran 10, Bala				
SAT	20 March 2010	1.00PM	ROAD	Rhayader 20mile Road Race	20m			
SUN	21 March 2010		ROAD	Northern 12 and 6 Stage Relays, Wythenshawe Pk, Mancs				
SUN	21 March 2010	10.30AM	FELL	Edale Skyline 21m Edale (Peak District)	21m			

SAT	27 March 2010	1.00PM	FELL	Llangynhafal Loop, Golden Lion Pub	AS, 4.75m, 1750'		M. Contvriend	<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
SAT	27 March 2010	9.00AM	TRAIL	Kipling Kaper, 20, 22, 26 or 28m, Meerbrook (28 is Counter)	28m	COUNTER		
SUN	28 March 2010	11.00AM	FELL	Lad's Leap, Crowden Campsite, off A628	AS, 5.9m, 1700'			<a href="http://www.telfordathleticclub.co.uk">www.telfordathleticclub.co.uk</a>
SUN	28 March 2010	11.00AM	FELL	Wrekin, Ercall Wood School, Wellington, Telford	AS, 5.5m, 1700'			<a href="http://www.runliverpool.org.uk">www.runliverpool.org.uk</a>
SUN	28 March 2010	9.30AM	ROAD	Liverpool Half Marathon, City Centre	Half			
SUN	28 March 2010			Muddy Bottom 5, Preston				
SUN	28 March 2010	10.30am	ROAD	Wilmslow Half Marathon, Wilmslow Rugby Club	Half		FULL	<a href="http://www.wilmslowhalf.org.uk">www.wilmslowhalf.org.uk</a>
TUE	30 March 2010	6.45PM	FELL	Harry Aspinall Liver Hill, Rawtenstall	BS, 5m, 800'			<a href="http://www.rossendaleharriers.com">www.rossendaleharriers.com</a>
FRI	02 April 2010	10.00am	ROAD	Salford 10k, Salford Sports Village	10k			<a href="http://www.salfordharriers.co.uk">www.salfordharriers.co.uk</a>
FRI	02 April 2010	10.00AM	ROAD	Good Friday Races, Victoria Park, Southport				<a href="http://www.southportwaterlooac.co.uk">www.southportwaterlooac.co.uk</a>
SAT	03 April 2010	3.00PM	FELL	Rivington Pike, Crown Hotel, Horwich	BS, 3.25m, 700'			
SUN	04 April 2010	11.30AM	ROAD	Alexandra Park 5k, Manchester	5k			<a href="http://www.openathletics.org">www.openathletics.org</a>
SUN	04 April 2010	10.45AM	ROAD	Air Products 10k, Electra Way, Crewe	10k			
SUN	04 April 2010	9.30AM	ROAD	Halton Run The Bridge 5 mile, Runcorn Railway Station	5m			<a href="http://www.runhalton.co.uk">www.runhalton.co.uk</a>
WED	07 April 2010	7.00PM	ROAD	Chester Spring 5 mile	Cheshire GP1		Club Supported	<a href="http://www.westcheshireac.co.uk">www.westcheshireac.co.uk</a>
SAT	10 April 2010	9.00AM	TRAIL	32nd Calderdale Hike 27m or 36m, Sowerby, W. Yorks	36m			
SUN	11 April 2010	11.00AM	ROAD	Border League R6 - Prestatyn	R6	COUNTER		
SUN	11 April 2010	9.00AM	ROAD	Blackpool Marathon and Half Marathon, Hilton Hotel	Half and Full			<a href="http://www.blackpoolmarathon.co.uk">www.blackpoolmarathon.co.uk</a>
SUN	11 April 2010		TRAIL	Gin Pit 5, Tyldesley, Manchester	5m			
SUN	11 April 2010	10.00AM	TRAIL	The Sandstone Run 10k, Beeston Market, Beeston	10k			<a href="http://www.sandstonerun.co.uk">www.sandstonerun.co.uk</a>
WED	14 April 2010	7.30PM	FELL	Joe Barber Herod Farm, Drovers' Arms, Glossop	AS, 3m, 1100'			<a href="http://www.glossopdale.org.uk">www.glossopdale.org.uk</a>
SUN	18 April 2010		TRAIL	Radcliffe 10k Multi-Terrain, Radcliffe Cricket Club	10k			<a href="http://www.radcliffeac.org.uk">www.radcliffeac.org.uk</a>
SUN	18 April 2010	10.30AM	FELL	Mow Cop, Mount Pleasant Village Hall	BM, 7m, 1200'			<a href="http://www.mowcoprunners.com">www.mowcoprunners.com</a>
SUN	18 April 2010	11.00AM	ROAD	Whitley 10k	Cheshire GP2		Club Supported	
SAT	24 April 2010	11.00AM	FELL	Llantysilio, Sun Inn, Rhewl, nr Llangollen	AM, 6.2m, 2100'			
SUN	25 April 2010	11.30AM	FELL	Kinder Downfall, Hayfield Village	BM, 9.6m, 1970'			<a href="http://www.cs.man.ac.uk/~temples/hc/">www.cs.man.ac.uk/~temples/hc/</a>
SUN	25 April 2010	9.30AM	ROAD	Sheffield Half Marathon, Don Valley Stadium	Half			<a href="http://www.sheffieldmarathon.co.uk">www.sheffieldmarathon.co.uk</a>
SUN	25 April 2010		ROAD	Bolton 10k	10k			
SUN	25 April 2010	11.00AM		Garstang Gallop, Garstang Sports Club, Preston				<a href="http://www.garstangrc.co.uk">www.garstangrc.co.uk</a>
SUN	25 April 2010		ROAD	South Cheshire 20m, Crewe	20m			
SUN	25 April 2010		ROAD	London Marathon	Marathon			
WED	28 April 2010		ROAD	Border League R7 - Deestridders & Presentation	R7	COUNTER		
THU	29 April 2010			Goyt Valley 10k, Buxton	10k			
MON	03 May 2010	11.30AM	FELL	Wray Caton Moor, Wray, nr Lancaster				<a href="http://www.wrayvillage.co.uk">www.wrayvillage.co.uk</a>
MON	03 May 2010		TRAIL	Waterloo 15k, Hall Road, Crosby				
FRI	07 May 2010		ROAD	Christleton 5k	5k		Club Supported	
SAT	08 May 2010	2.00PM	FELL	Bollington Festival 3 Peaks, Vale Inn, Bollington	BS, 5.5m, 1200'			
SAT	08 May 2010	1.15PM	FELL	Belmont Winter Hill, Belmont Bull	BS, 4.5m, 1000'			
SAT	08 May 2010	9.00AM	TRAIL	Bala Challenge, Bala, N Wales 14m or 20m (20mile is Counter)	20m	COUNTER		
WED	12 May 2010	7.30PM	FELL	Rainow, Rainow Institute	BS, 5m, 750'			
SAT	15 May 2010	11.00AM	FELL	Mount Famine, Hayfield Scout Hut	AS, 5m, 1850'			<a href="http://www.cs.man.ac.uk/~temples/hc/">www.cs.man.ac.uk/~temples/hc/</a>
SUN	16 May 2010	9.30AM	ROAD	Chester Half Marathon	Half, Cheshire GP3		Pre-Entry	
WED	19 May 2010	7.30PM	FELL	Goyt's Moss, Derbyshire Bridge Car Park	BM, 7m, 1400'			<a href="http://www.fellraces.co.uk">www.fellraces.co.uk</a>
THU	20 May 2010		TRAIL	Mobberly Runway 5.3m				
SAT	22 May 2010		FELL	Lletty Fell Inter Counties Championship, Llangynhafal	Inter-County			<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
WED	26 May 2010	7.30PM	FELL	Harrock Hill Race 1, Farmers Arms, nr Parbold	BS, 5.2m, 900'			
FRI	28 May 2010	7.15PM	ROAD	17th Dunham Massey 5k (Note Off Road)	5k, Series		Pre-entry	<a href="http://www.altrincham-athletics.co.uk">www.altrincham-athletics.co.uk</a>
SAT	29 May 2010	1.00PM	FELL	Cader Idris, Eldon Sq, Dolgellau	AM, 10.5m, 3000'			<a href="http://www.cader-race.co.uk">www.cader-race.co.uk</a>
SUN	30 May 2010		ROAD	Mersey Tunnel 10k	10k			
MON	31 May 2010	9.30AM	ROAD	Chester Marathon, Chester Rugby Club	Marathon, 1st Race		Also Relay of 2	<a href="http://www.chestermarathon.co.uk">www.chestermarathon.co.uk</a>
MON	31 May 2010		FELL	Mynydd Mawr, Trefonen				

TUE	01 June 2010	7.15PM	FELL	Paddys Pole, Fell Foot, nr Chipping	AS, 4.5m, 1100'		<a href="http://www.prestonharriers.net/fellrunning">www.prestonharriers.net/fellrunning</a>
THU	03 June 2010	7.30PM	TRAIL	Deestridders Off Road GP	R1	Club Supported	
SAT	05 June 2010	2.45PM	FELL	Wincle Trout 9k	BS, 5.5m, 900'		<a href="http://www.wincle.org.uk">www.wincle.org.uk</a>
SAT	05 June 2010		ROAD	Hollins Green 5k	5k, Cheshire GP4	Club Supported	
SUN	06 June 2010	11.30AM	FELL	Edenfield, Cricket Club	BM, 7.5m, 1600'		
			ROAD	Warrington Road Runners 10k	10k, Cheshire GP5	Club Supported	
WED	09 June 2010	7.30PM	FELL	Boar's Head, Hotel, Poynton	BM, 8m, 1322'		
SAT	12 June 2010	11.00AM	FELL	Ennerdale Horseshoe, Ennerdale Scout Camp	AL, 23m, 7500'		
SAT	12 June 2010	11.00AM	FELL	Man Versus Horse Marathon	BL, 22m, 4000'		<a href="http://www.green-events.co.uk">www.green-events.co.uk</a>
SAT	12 June 2010	9.00AM	TRAIL	Baslow Boot Bash, 26m (Peak District)	26m	COUNTER	
SUN	13 June 2010	11.00AM	FELL	Accelerate Edale Race, Edale Village Hall	AS, 4.7m, 1330'		<a href="http://www.gritstoneseries.co.uk">www.gritstoneseries.co.uk</a>
SUN	13 June 2010	11.00AM	FELL	Knowl Hill Fell 6, Brown Cow, Norden, Rochdale	BM, 6m, 1300'		<a href="http://www.rochdaleharriers.co.uk">www.rochdaleharriers.co.uk</a>
SUN	13 June 2010			Prestwich Challenge 8			
SUN	13 June 2010	11.00AM	ROAD	Comberbach Fete 5k, Marbury Country Park	5k	100 Limit	<a href="http://www.race-results.co.uk/results/2010/efcomberbach.pdf">www.race-results.co.uk/results/2010/efcomberbach.pdf</a>
TUE	15 June 2010	7.15PM	FELL	Up The Beast, Miners Arms, Maeshafn	AS, 4.5m, 1500'		
THU	17 June 2010	7.15PM	ROAD	18th Dunham Massey 5k (Note Off Road)	5k Series	Pre-entry	<a href="http://www.altrincham-athletics.co.uk">www.altrincham-athletics.co.uk</a>
FRI	18 June 2010		TRAIL	Tough Team Challenge, TBC			<a href="http://www.tattenhallrunners.com/">www.tattenhallrunners.com/</a>
SUN	20 June 2010		ROAD	Classic Freckleton Half	Half		
WED	23 June 2010	7.30PM	FELL	Hotfoot Up Famau, Race 1, Car Park, Moel Famau	AS, 3.5m, 1200'		<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
WED	23 June 2010	7.30PM	FELL	Harrock Hill Race 2, Farmers Arms, nr Parbold	BS, 5.2m, 900'		
SUN	27 June 2010	11.00AM	FELL	Moel-Y-Gamelin, Ponderosa Cafe', nr Llangollen	AM, 9.5m, 2380'		<a href="http://www.wrexhamroadrunners.org.uk">www.wrexhamroadrunners.org.uk</a>
WED	30 June 2010	7.30PM	FELL	Hope Wakes, Hope Sportsfield	AS, 5.9m, 1480'		<a href="http://www.hopefellrace.co.uk">www.hopefellrace.co.uk</a>
THU	01 July 2010		ROAD	Reebok Manchester 5k Sizzlers (R1)	5k, R1		
THU	01 July 2010	7.30PM	TRAIL	Deestridders Off Road GP	R2	Club Supported	
SAT	03 July 2010		TRAIL	70 Wild Miles, Bala			
WED	07 July 2010		ROAD	Forest Park 5k, Ladies Only	5k		
SAT	10 July 2010	2.00PM	FELL	Tal-Y-Fan, Rowen Carnival Field	AM, 8m, 2400'		<a href="http://www.eryrharriers.org.uk">www.eryrharriers.org.uk</a>
SUN	11 July 2010	11.00AM	FELL	Bollington Nostalgia Race	BM, 7.1m, 1200'		<a href="http://www.bridgendcentre.org.uk">www.bridgendcentre.org.uk</a>
SUN	11 July 2010		ROAD	Womens Half Marathon, Tarporley	Half		
SUN	11 July 2010	11.15AM	FELL	Peak Forest, Village Store, Church Lane, GR SK115795	CM, 6m, 650'		
SUN	11 July 2010		ROAD	Catforth 10k, Preston	10k		
WED	14 July 2010	7.30PM	FELL	The Druid, Race 2, The Druid Inn, Llanferres	AS, 5m, 1200'		<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
THU	15 July 2010		TRAIL	Salomon Forest Delamere 10k	10k		
THU	15 July 2010		ROAD	Reebok Manchester 5k Sizzlers (R2)	5k, R2		
SAT	17 July 2010	2.00PM	FELL	Moel Siabod, Carnival Field, Capel Curig	AS, 5.8m, 2300'		<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>
WED	21 July 2010	7.30PM	FELL	Shining Tor, Errwood Sailing Club, Goyt Valley	AS, 5.9m, 1600'		
SAT	24 July 2010	2.00PM	FELL	Snowdon International Race, Llanberis	AM, 10m, 3300'		<a href="http://www.snowdonrace.com">www.snowdonrace.com</a>
SUN	25 July 2010	11.00AM	FELL	Great Hucklow Fell 6, Foundry Activity Centre, Buxton	BM, 6m, 1000'		<a href="http://www.hucklow.net/fell_race">www.hucklow.net/fell_race</a>
SUN	25 July 2010			Norbreck Castle, Bisham 10, Blackpool			
SUN	25 July 2010		ROAD	Moonraker 10k, Middleton	10k		
SUN	25 July 2010	11.00AM	FELL	Wormstones, Drovers Arms, Glossop	AS, 5m, 1350'		
WED	28 July 2010	7.30PM	FELL	Green Green Grass of Home, Race 3, Llangynhafal	AS, 5m, 1500'		
WED	28 July 2010		TRAIL	The Wizard Multi Terrain Race, TBC			
WED	28 July 2010	7.30PM	FELL	Harrock Hill Race 3, Farmers Arms, nr Parbold	BS, 5.2m, 900'		
THU	29 July 2010		ROAD	Reebok Manchester 5k Sizzlers (R3)	5k, R3		
SAT	31 July 2010	2.00PM	FELL	Push-up-the-Pincyn, Clawddnewydd	BM, 6m, 1300'		<a href="http://www.clawddnewydd.org.uk">www.clawddnewydd.org.uk</a>
SAT	31 July 2010	2.00PM	FELL	The Gyrn Gallop	7m, 1200'		
WED	04 August 2010	7.30PM	FELL	Cracken Edge, Kinder MRT HQ, Hayfield	BM, 7m, 1450'		<a href="http://www.cs.man.ac.uk/~temples/hc">www.cs.man.ac.uk/~temples/hc</a>
THU	05 August 2010	7.30PM	TRAIL	Deestridders Off Road GP	R3	Club Supported	
SAT	07 August 2010	2.30PM	FELL	Teggs Nose, Trials Field, Sutton nr Macclesfield	BM, 7.5m, 1600'		<a href="http://www.macclesfield-harriers.co.uk">www.macclesfield-harriers.co.uk</a>
WED	11 August 2010	7.00pm	FELL	Ponderosa, Cafe', nr Llangollen	BS, 4m, 950'		<a href="http://www.wrexhamroadrunners.org.uk">www.wrexhamroadrunners.org.uk</a>
THU	12 August 2010		ROAD	Reebok Manchester 5k Sizzlers (R4)	5k, R4		

SUN	15 August 2010		<b>ROAD</b> Great Warford 10 mile	Cheshire GP6	Club Supported	
SAT	21 August 2010		<b>TRAIL</b> Race the Train, Tywyn			<a href="http://www.racethetrain.com/">www.racethetrain.com/</a>
SAT	21 August 2010		<b>FELL</b> Rhydycroesau			
SAT	21 August 2010	2.00PM	<b>FELL</b> Elidir Fawr, Vaynol Arms, Nant Peris	AS, 5m, 2800'		<a href="http://www.eryriharriers.org.uk">www.eryriharriers.org.uk</a>
SUN	22 August 2010	10.30AM	<b>ROAD</b> Birchwood 10k	10k and Fun Run	Club Supported	<a href="http://www.spectrumstriders.org.uk">www.spectrumstriders.org.uk</a>
WED	25 August 2010	7.30PM	<b>FELL</b> Harrock Hill Race 4, Farmers Arms, nr Parbold	BS, 5.2m, 900'		
WED	25 August 2010		<b>ROAD</b> Capenhurst 5k	5k		
SUN	29 August 2010	11.00AM	<b>FELL</b> Cnicht, Croesor	AS, 4.5m, 1850'		
SUN	29 August 2010		<b>ROAD</b> Fleetwood Marathon	Marathon		
MON	30 August 2010	12.30PM	<b>FELL</b> Moel Fammau, St. Mary's Church, Cilcain	AS, 5m, 1250'		<a href="http://www.cilcaintoday.groups.msn.com">www.cilcaintoday.groups.msn.com</a>
FRI	03 September 2010	7.00PM	<b>TRAIL</b> Deestridders Off Road GP	R4	Club Supported	
SAT	04 September 2010		<b>ROAD</b> Hilton Illuminations 10k, Blackpool	10k		
SUN	05 September 2010	11.00AM	<b>FELL</b> Shelf Moor, Scout Hut, Hayfield	AS, 5.9m, 1500'		<a href="http://www.glossopdale.org.uk/races/racesm.html">www.glossopdale.org.uk/races/racesm.html</a>
TUE	07 September 2010		<b>TRAIL</b> Wirral Multi-Terrain Series, TBC			
SAT	11 September 2010	1.30PM	<b>FELL</b> Hodder Valley, Showfield, Newton in Bowland	BM, 7.5m, 1500'		<a href="http://www.bowlandfellrunners.org.uk">www.bowlandfellrunners.org.uk</a>
SUN	12 September 2010	11.30PM	<b>FELL</b> Chelmorton Chase, Buxton	BS, 5m, 1000'		<a href="http://www.primitivehall.demon.co.uk">www.primitivehall.demon.co.uk</a>
SUN	12 September 2010	1.15PM	<b>FELL</b> Padfield Plum Fair Scamper	BS, 5.5m, 1050'		
SUN	12 September 2010		<b>TRAIL</b> Gawsworth 10k MT	10k		
TUE	14 September 2010		<b>TRAIL</b> Wirral Multi-Terrain Series, TBC			
SAT	18 September 2010	2.00PM	<b>FELL</b> Lantern Pike, Little Hayfield	BS, 5m, 1050'		<a href="http://www.cs.man.ac.uk/~temples/hc/">www.cs.man.ac.uk/~temples/hc/</a>
SUN	19 September 2010		<b>ROAD</b> Great North Run	Half		
SUN	19 September 2010		<b>ROAD</b> Sutton 6, 10k	10k	Club Supported	
TUE	21 September 2010		<b>TRAIL</b> Wirral Multi-Terrain Series, TBC			
SUN	26 September 2010		<b>ROAD</b> Macclesfield Half Marathon	Cheshire GP7	Club Supported	
TUE	28 September 2010		<b>TRAIL</b> Wirral Multi-Terrain Series, TBC			
SAT	02 October 2010	1.00PM	<b>FELL</b> Longmynd Hike, Church Stretton School	BL, 50m, 9800'		<a href="http://www.longmyndhike.org.uk">www.longmyndhike.org.uk</a>
SUN	03 October 2010		<b>TRAIL</b> Sandstone Trail Races A+B			
SUN	03 October 2010	1.00PM	<b>FELL</b> Arenig Fawr, Arenig Quarry	AM, 6.7m, 1900'		<a href="http://www.yiannisstradis.tripod.com/">www.yiannisstradis.tripod.com/</a>
SUN	10 October 2010	11.00AM	<b>FELL</b> Breidden Hills, Criggion Village Hall	AM, 7m, 2300'		<a href="http://www.myweb.tiscali.co.uk/fellrunner">www.myweb.tiscali.co.uk/fellrunner</a>
SUN	10 October 2010		<b>ROAD</b> Cabbage Canter 10k, Antrobus	10k		
SUN	10 October 2010		<b>ROAD</b> Congleton Half Marathon	Half		
SUN	10 October 2010		<b>TRAIL</b> Gin Pit 5, Tyldesley			
SUN	17 October 2010		<b>FELL</b> UKA British Fell Relays, Lomond Hills, Scotland		Pre-entry	
SUN	24 October 2010		<b>FELL</b> Passing Clouds, Visitor Centre, Tittesworth Reservoir	BM, 9.75m, 1850'		<a href="http://www.congleton-harriers.co.uk">www.congleton-harriers.co.uk</a>
SUN	07 November 2010		<b>TRAIL</b> PUMA Hellrunner, Delamere, Hell Up North			
SUN	07 November 2010	11.00AM	<b>FELL</b> Clwydian Hills, Cilcain Village Hall	AM, 10m, 3000'		<a href="http://www.newsar.org.uk">www.newsar.org.uk</a>
SAT	13 November 2010	12.00PM	<b>FELL</b> Rhobell Fawr, Llanfachreth Village Hall	AM, 6m, 1900'		<a href="http://www.run-meirionnydd.co.uk">www.run-meirionnydd.co.uk</a>
SAT	13 November 2010	10.30AM	<b>FELL</b> Tour of Pendle, Barley Village Hall	AL, 16.8m, 4830'		<a href="http://www.clayton-le-moors-harriers.co.uk">www.clayton-le-moors-harriers.co.uk</a>
SUN	14 November 2010	10.30AM	<b>FELL</b> Roaches, Village Hall, Meerbrook	BL, 15m, 3700'		
SAT	20 November 2010	10.30AM	<b>FELL</b> Penmaenmawr, Gapelulo Village Hall	BM, 10m, 1950'		<a href="http://www.eryriharriers.org.uk">www.eryriharriers.org.uk</a>
SUN	21 November 2010	11.00AM	<b>FELL</b> Wrekin Wrecker, Wellington	AM, 8.1m, 2400'		<a href="http://www.newportrunningclub.co.uk">www.newportrunningclub.co.uk</a>
SUN	05 December 2010	11.00AM	<b>FELL</b> Cardington Cracker, Village Hall, nr Church Stretton	AM, 9m, 2600'		<a href="http://www.telfordathleticclub.com">www.telfordathleticclub.com</a>
SUN	05 December 2010	11.00AM	<b>FELL</b> Gravy Pud 5, Bulls Head, Tintwistle	BS, 5m, 1000'		<a href="http://www.northernboyslovegravy.com">www.northernboyslovegravy.com</a>
SUN	12 December 2010	11.00AM	<b>FELL</b> Mortimer Forest, Moor Park School, Overton, nr Ludlow	BM, 10m, 1600'		
MON	27 December 2010	2.00PM	<b>FELL</b> Jubilee Plunge, Summit or Llangynhafal	2m minus 1500'		<a href="http://www.wfra.org.uk">www.wfra.org.uk</a>