

January

Garstang 10K
Central Lancs Half Marathon
Inskip Half marathon
Welcome Tavern 10K
Gt Harwood 10K

February

Winter warmer 10K
Mount Juliet 10K
Gt NW Half M
Lostock 6

March

Haweswater Half
Stanley Park 10K
Stanley Park 10K
Trafford 10K
Podium B
Dentdale 14
Sweatshop 10
Spennings 20
Eric Morecambe 3K
Bispham 10
Canalathlon 50K
Trimpell 20
Silverstone Half M
Golden Girls 10K
Garstang 7 Gallop
Wilmslow Half M
Coniston Half M
Accrington 10k

April

Calder Vale 10
Hollingworth lake 1M
Hollingworth lake 5K
Joe Salt Cwm 5K
3 Bridges 10K
Fleetwood 10K
Podium 5k
Gt Langdale 10K
Manchester Marathon
London Marathon
Bolton 10K
Vera Hurst 5K
Wray Scarecrow 10K
Blackpool marathon
Vernon 5K
Blackpool Half

May

Geoff Doggett 5K
Avenham Pk 5K
Blacksticks Blue 10K
Manchester 10K
Ian Casey 5K
John Carr 5K
Chester half
Worden Pk 10K
Horwich Jubilee 5
Colne 10K
Vernon's 5K
Gt Eccleston Fast 4
Catforth Canter 5K
Blackpool Prom 10
Crazy Cow 10K

June

Haigh Hall 4
Morecambe 10K
Morecambe 1 M
Catforth 10K
Horwich Jubilee Race
Padiham Greenway 5K
Pilling 10K
Freckleton Half

Vernon's 5K
SSAFA 10K
Tod Park 5K
Podium 5K
Burnley Pennine 10K
Liverpool F BTR
Rock n roll Half
Rock n Roll Half

July
Rochdale 10k
Tod Pk No 2 5K
Lostock Hall 5K
Bentham Beagles 10K
Burnely 10K Towneley
Horwich Jubilee 5
Lytham carnival 10K
Caldervale Supper 4
Elswick Express 10
Podium 10K Barrowford
Denwa 10k
Pendle RF Half M
Tod Park 5K No 3
Hendon Brook
Windmill Half M
Lancaster 5K
Salford scorcher 5K
We love Manchester 10K

August
Tod Pk 5K race 4
Padiham 5
Blackpool Air Show 10K
Catforth 5K
Podium 5K senior
Lancaster Half M
Shore
Hiagh Hall 4
Horwich Jubille 5
Stan Curran 5K Cowm
Rochdale 10K

September
Littleborough 10K
Wigan 10K
Lancaster Castle Half
Run Preston 5K
Run Preston 10K
GNR Half Marathon

October
Burnley FB 10K
Race 4 Rugby 10k
Vernons 4 Mile
Green Drive 5
Cowm 5k Jimmy Crickets 70th
Blackpool Autumn Beaker 10k
Plusnet Yorks marathon
Tod Park winter 5k (1)
Accrington 10k

November
Cheshire 10k
Thro the Villages 8.4
Lancaster half marathon
Abby Dash
Preston 10k
Tod Park winter 5k (2)
Chorley 10k
Windmill 10k
Tod Park winter 5k (3)
Wesham 10k

December
Tod Park winter 5k (4)
Guys 10k (cancelled)
Longridge pudding 7m

Hurst Green Turkey Trot 5m
Rudolphs Red Nose 5m
Boxing day 10k Leyland
Ribble Valley 10k (Cancelled)