



# Diary of Events – 2023

<b><u>Jan</u></b> 7 Sat Jan 8 Sun Jan 15 Sun	Lancashire XC Championships – Witton Hit the Trail Race East Lancs Hospice 10K	Cross Country Club Trail Race (1) Club Trail Race (2)
<b><u>Feb</u></b> 5 Sun Feb 12 Sun	Blackburn Winter Warmer 10k Windy Hill Fell Race – Oldham	Club Road Race (1) Club Fell Race (1)
<b><u>Mar</u></b> 12 Sun	Garstang Gallop – 7-mile	Club Road Race (2)
<b><u>Apr</u></b> 2 Sun Apr 13 Thurs Apr 23 Sun Apr 25 Tues	Darwen Half Marathon Clowbridge 5k London Marathon Swan Two Necks - Pendleton	Club Road Race (3) Club Trail Race (3) Major Event Summer Run
<b><u>May</u></b> May 21 Sun May 16 Tues May 24 Wed May 30 Tues	Calderdale Relay Dog Otter/ Gamecock – Great Harwood Wesham 10K Coppice Fell Race	Team Relay Summer Run Club Road Race (4) Club Fell Race (2)
<b><u>June</u></b> June 11 Sun June 13 Tues June 16 Fri June 20 Tues June 25 Sun June 27 Tues	Bradford Millennium Relay New Waggoners - Burnley Podium 5k - Barrowford Moleside Fell Race Trawden Trail Hapton Fell Race	Team Relay Summer Run Club Road Race (5) Club Fell Race (3) Club Trail Race (4) Club Fell Race (4)
<b><u>July</u></b> 1 Sat July 11 Tues July 12 Wed July 15 Sat July 20 Thurs	Gisburn Trail Race Whitecroft Rest, Oswaldtwistle Widdop Fell Race Elswick Express 10 miler Scorton Supper Run	Club Trail Race (5) Summer Run Club Fell Race (5) Club Road race (6) Club Trail Race (6)
<b><u>Aug</u></b> 15 Tues	Clitheroe – Ribble Valley 10k	Handicap Race
<b><u>Sept</u></b> 2 Sat Sept 5 Tues Sept 10 Sun	Derwentwater Trail Race Read Conservative Club Jailbreak 10k – Lancaster	Club Trail Race (7) Summer Run Club Road Race (7)
<b><u>Oct</u></b> Oct 6 Fri Oct 15 Sun Oct 21 Sat Oct 29 Sun	AGM Meeting - Accrington Cricket Club Withins Skyline British Fell Relays - Keswick Accrington 10k we don't run this event; we marshal the route.	Social Club Fell Race (6) Team Relay Marshals Please!
<b><u>Nov</u></b> Nov 4 Sat	Shepherds Skyline	Club Fell Race (7)
<b><u>Dec</u></b> 2 Sat Dec 10 Sun	Presentation Night – Accrington Golf Club Blackburn 10k -	Social Club Road Race (2024)



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## Club Races – Road

1. Feb 5	Blackburn Winter Warmer 10K
2. Mar 12	Garstang Gallop 7 mile
3. Apr 2	Darwen Half Marathon
4. May 24	Wesham 10k
5. June 16	Podium 5k
6. July 15	Elswick Express 10 miler
7. Sept 10	Jailbreak 10k – Lancaster
<u>Dec 10</u>	Blackburn 10k (1 <sup>st</sup> Race in 2024)

## Team Relay's

May 21	Calderdale Way – Halifax
June 11	Bradford Millennium Relay
Sept tba.	Road Relays – Manchester
Oct 21	British Fell Relay - Keswick

## Social / Other Events

Oct 6	AGM – TBA
Oct 29	Accrington 10k marshals req.....
Dec 2	Presentation Night

## Club Races – Fell

1. Feb 12	Windy Hill – Oldham
2. May 30	Coppice Fell – Accrington
3. June 20	Moleside Fell Race – Accrington
4. June 27	Hapton Fell - Hapton
5. Jul 12	Widdop Fell – Hebden Br.
6. Oct 15	Withins Skyline – Keighley
7. Nov 4	Shepherds Skyline - Todmorden

## Club Trail Races

1. Jan 8	Hit the Trail
2. Jan 15	East Lancs Hospice
3. Apr 13	Clowbridge 5k
4. June 25	Trawden Trail
5. July 1	Gisburn Trail Race
6. July 20	Scorton Supper Run
7. Sept 2	Derwentwater Trail Race

## Social Summer Runs - Tues 6.30pm start

Apr 25	Swan Two Necks – Pendleton
May 16	Dog Otter – Great Harwood
June 13	New Waggoners - Burnley
July 11	WhiteCroft Indian - Oswaldtwistle
Aug 15	Ribble Valley 10k -Clitheroe
Sept 5	Read Con Club – Nr Burnley

## Cross Country Races

Jan 7      Lancs. Champs -Witton

Oct, Nov & Dec Other XC races, dates to follow

**Club Races** Please support these **Club Races**; they don't need to be too competitive. We class them as "club events" where our members gather, complete the run and share the usual post-race refreshments. If you want to race that's OK, alternately just run the route and enjoy. We also use the Club Races as a guide for the Most Improved Runner awards and The **Club Championships** (road, trail and fell). Scores from your best 4 races out of the 7 will count to your final rankings. Scoring: winner of each race 100 points, 2<sup>nd</sup> 99 points, 3<sup>rd</sup> 98 points etc.

**Summer Runs** These runs will be followed by a meal, members will be entitled to the subsidized "pub grub" non-members are welcome but to pay normal prices.

**Team Events** - If you would like to represent the club in any of these team events **please ask**. All members all abilities welcome.

**Website** – Please regularly check our website for updates and news on these events.

**Event queries:** **Social, Summer Runs** – David Mallaby  
**Club Races** - Liam Moden,  
**Relays & Cross Country** - Graham Morris/Liam Moden