



CLUB RACES

2024

Date	Type	Race	Location	Distance	AR	R
14/01/24	North West Sunday League	Town Park	Runcorn			
20/01/24	Red Rose Cross Country	Marl Pits	Rossendale			
20/01/24	SEL Cross Country	Marl Pits	Heaton Park			
03/02/24	Club Championship	Alexandra Park Run	Manchester	5k	Y	
04/02/24	North West Sunday League	Croxeth Park	Liverpool			
11/02/24	Central Lancs Grand Prix	Bolton 5k	Bolton	5k		
17/02/24	SEL Cross Country	Heaton Park	Heaton Park			
25/02/24	Central Lancs Grand Prix	Lostock 6	Lostock	6 miles		
03/03/24	Central Lancs Grand Prix	The Trotters 5 Mile	Bolton	5 miles		
10/03/24	North West Sunday League	Birchwood Park	Warrington			
23/03/24	Off Road Championship	Watergrove Parkrun	Rochdale	5k	Y	
29/03/24	Club Championship	Salford 10k	Salford	10k		
07/04/24	Club Championship	Race to the Castle	Lancaster	10k		
24/04/24	Off Road Championship	Foe Edge Fell	Rossendale	4.1 miles		
28/04/24	Club Championship	Bolton 10k	Bolton	10k	Y	
04/05/24	Off Road Championship	Staveley Trail 18k	Staveley	18k		
15/05/24	Central Lancs Grand Prix	Horwich Coronation 6 mile	Rivington	6 miles		
TBC	Off Road Championship	1 Mile Challenge	Rivington	1 mile		
12/06/24	CLGP/Club Championship	Haigh Hall 4 mile	Haigh Hall	4 miles		
20/06/24	Off Road Championship	Aggies Staircase	Darwen	4 miles		
03/07/24	Club/Off Road Championships	Astley Park	Astley park	5km		
17/07/24	Central Lancs Grand Prix	Radcliffe 5k	Sedgley Park	5 km		
TBC	Club Championship	Elswick Express 10 mile	Elswick	10 miles		
03/08/24	Off Road Championship	Gisburn Forest 10k	Lancashire	10k		
06/08/24	Central Lancs Grand Prix	Ramsbottom Summer Mile	Ramsbottom	1 mile		
18/08/24	Club Championship	Lancaster Riverside Half	Lancaster	13.1 miles		
25/08/24	Central Lancs Grand Prix	Pennington Flash 5 mile	Leigh	5 mile		
01/09/24	Central Lancs Grand Prix	Blackleach 5 mile	Walkden	5 mile		
14/9/24	Off Road Championship	Cheadle Hulme Parkrun	Manchester	5k	Y	
28/09/24	Club Championship	Team Deane 10k	Bolton	10k		
29/09/24	Central Lancs Grand Prix	Worsley Woods Trail	Worsley Woods	5 mile		
6/10/24	CLGP/Off Road Championship	Gin Pit Trail	Gin Pit Village	5 mile		
TBC	Club Championship	Green Drive 5 (date TBC)	Lytham	5 miles		
26/10/24	Off Road Championship	Race you to the Summit Fell	Littleborough	4.3 miles		
02/11/24	Off Road Championship	13 arches Half marathon	Radcliffe	13.1 miles		
17/11/24	Central Lancs Grand Prix	Last Drop 5k Trail	Bolton	5k		
30/11/24	Club Championship	Alexandra Park Run	Manchester	5k	Y	
08/12/24	Club Championship	Blackburn 10k	Blackburn	10k		
15/12/24	Off Road Championship	Curly's Santa Dash	Bolton	4 miles		
ANY	Club Championship	Any Marathon/Ultra	Any	26.2 miles +	Y	
ANY	Off Road Championship	Any Trail marathon/Ultra	Any Trail	26.2 miles +	Y	
Central Lancs Grand Prix		AR = Age related. This is where your time and your age are used to work out a percentage score for you. This will determine how many points you get.				
Club Championship						
Off Road Championship						
Cross Country		Please email any marathon results to Ian Mann here				