

Vale Royal Athletic Club Current Fixture List - last updated 16 January 2018

Date	Day	Event	Venue	Open to	Other Information
2018					
27-Jan	Sat	Northern XC Champs	Harewood House, Leeds		
03-Feb	Sat	Cheshire Schools XC	Delamere Forest		
03-Feb	Sat	BUCS XC Champs	Uxbridge		
10-Feb	Sat	Manchester XC League	Wythenshawe Park	All (incl U11s)	Free*
24-Feb	Sat	National XC Champs	Parliament Hill, London		
10-Mar	Sat	Inter Counties XC Champs	Prestwold Hall, Loughborough		
17-Mar	Sat	English Schools XC Champs	Leeds		
24-Mar	Sat	SIAB Schools Home International	Nottingham		
25-Mar	Sun	Northern Road Relays	Blackpool	Seniors only	Includes Junior 5k race
14-Apr	Sat	National Road Relays	Sutton Park, Birmingham	Seniors only	
22-Apr	Sun	Virgin Lomdon Marathon & Mini Marathon	London		
12/13 May	Sat/Sun	Cheshire T & F Champs			
12-May	Sat	BMC Grand Prix 1	Sports City		
26-May	Sat	BMC Grand Prix 2	Watford		
09-Jun	Sat	Cheshire Schools T & F	Tbc		
9/10 Jun	Sat/Sun	Northern Senior & Under 20 Champs	Sports City		
16-Jun	Sat	Mason Trophy	Birmingham		tbc
16/17 Jun	Sat/Sun	National Under 20/Under23 Champs	Bedford		
23-Jun	Sat	BMC Grand Prix 3	Loughborough tbc		
30 Jun/1 July	Sat/Sun	British Champs	Birmingham		
07-Jul	Sat	BMC Grand Prix 4	Eltham or Solihull tbc		
13/14 July	Fri/Sat	English Schools T & F Champs	Birmingham		
11/12 Aug	Sat/Sun	Northern Under13/U15/U17 Champs	Tbc		
18-Aug	Sat	BMC Grand Prix 5 /10k Fest	Stretford		
25/26 Aug	Sat/Sun	National U15/U17 Champs	Bedford		
08-Sep	Sat	NW Road Relays	Stockport		tbc
22-Sep	Sat	NCAA Road Relays	tbc		

06-Oct	Sat	National Road Relays	Sutton Park		tbc
20-Oct	Sat	NCAA XC Realys	Sheffield		tbc
03-Nov	Sat	National XC Relays	Mansfield		
2019					

** Trafford Opens (Distance and Throws) at Longford Park for over 15s only. U15's can compete in special races (alternate 800 and 1500) otherwise open to U17 and above

Dates for 2018 :- 24th April, 15th May, 12th June, 26th June, 24th July, 14th August and 28th August

** Trafford Opens (Sprints and Jumps) for over 15's only - Dates for 2018 :- 22nd May, 19th June and 3rd July

Trafford Medal Mettings (Under 15) Dates for 2018 :- 2nd April, 7th May, 28th May and 27th August

Free* The club pays a registration fee to the N Staffs and Manchester XC Leagues. This allows any VRAC member to run for free.
Both these leagues are great for gaining experience and are open to all age groups, including U11s.

Road relays are usually run in a park setting on hard paths.

Talk to your coaches to determine which events you can/should compete in:
U11s need to be school years 5 & 6, and NOT 11 before 1st of September in any year.
If 11 before September then athletes must compete as U13.
For cross country age categories - ask your coach.

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