

Vale Royal Athletic Club Current Fixture List - last updated 27 February 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 | | |
| 29-Sep | Sat | North Staffs XC League | Knights Grange, Winsford | | |

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| 06-Oct | Sat | National Road Relays | Sutton Park | | tbc |
| 20-Oct | Sat | NCAA XC Realy's | Sheffield | | tbc |
| 27-Oct | Sat | North Staffs XC League | tbc | | |
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| 03-Nov | Sat | National XC Relays | Mansfield | | |
| 17-Nov | Sat | North Staffs XC League | tbc | | |
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| 15-Dec | Sat | North Staffs XC League | tbc | | |
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| 2019 | | | | | |
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** 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 Meetings (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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