

Vale Royal Athletic Club Current Fixture List - last updated 21 August 2018

Date	Day	Event	Venue	Open to	Other Information
<b>2018</b>					
25/26 Aug	Sat/Sun	National U15/U17 Champs	Bedford		
08-Sep	Sat	NW Road Relays	Delamere Forest		see website for full details
22-Sep	Sat	NCAA Road Relays	tbc		
29-Sep	Sat	North Staffs XC League	Knights Grange, Winsford		
06-Oct	Sat	National Road Relays	Sutton Park		tbc
13-Oct	Sat	Manchester Area XC League	Wythenshawe Park		no U11s
20-Oct	Sat	NCAA XC Realys	Sheffield		tbc
27-Oct	Sat	North Staffs XC League	Stafford Common		
03-Nov	Sat	National XC Relays	Mansfield		
10-Nov	Sat	Manchester Area XC League	Kenworthy Woods		
17-Nov	Sat	North Staffs XC League	Park Hall		
01-Dec	Sat	Manchester Area XC League	Woodbank Park		
15-Dec	Sat	North Staffs XC League	tbc		
<b>2019</b>					
12-Jan	Sat	Manchester Area XC League	Heaton Park		
09-Feb	Sat	Manchester Area XC League	to be arranged		

\*\* 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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