

Vale Royal Athletic Club Current Fixture List for 2019 - updated 27 December 2018

Date	Day	Event	Venue	Open to	Other Information
2019					
05-Jan	Sat	Cheshire XC Championships	Birchwood	All (incl U11s)	
12-Jan	Sat	Manchester XC League	Heaton Park	All (incl U11s)	
12/13 Jan	Sat/Sun	Northern Indoors	Sheffield		
26-Jan	Sat	Northern XC Champs	Pontefract Racecourse		
02-Feb	Sat	Cheshire Schools XC	Knights Grange		
02-Feb	Sat	BUCS XC Champs	Exeter		
09-Feb	Sat	Manchester XC League	University Playing Fields	All (incl U11s)	
09-Feb	Sat	Northern Vets XC	Knights Grange		
23-Feb	Sat	National XC Champs	Harewood Hose, Leeds		
09-Mar	Sat	Inter Counties XC Champs	Prestwold Hall, Loughborough		
16-Mar	Sat	English Schools XC Champs	Chelmsford		
23-Mar	Sat	SIAB Schools Home International	Dublin		
23-Mar	Sat	Northern Road Relays	Sport City	Seniors only	
30-Mar	Sat	World XC Champs	Aarhus, Denmark		
06-Apr	Sat	National Road Relays	Sutton Park, Birmingham	Seniors only	
28-Apr	Sun	Virgin London Marathon & Mini Marathons	London		
04-May	Sat	Cheshire T & F League Round 1	Ashton Under Lyne		
11/12 May	Sat/Sun	Cheshire T & F Champs	tbc		
25-May	Sat	BMC Grand Prix 1	Sports City		
1/2 Jun	Sat/Sun	Northern Senior & Under 20 Champs	Sports City		
08-Jun	Sat	Cheshire Schools T & F	tbc		
15-Jun	Sat	BMC Grand Prix 2	Loughborough		
15-Jun	Sat	Mason Trophy	Birmingham		
22/23 Jun	Sat/Sun	National Under 20/Under23 Champs	Bedford		
29-Jun	Sat	BMC Grand Prix 3	Watford		
06-Jul	Sat	Cheshire T & F League Round 2	Warrington		
12/13 July	Fri/Sat	English Schools T & F Champs	Birmingham		
20-Jul	Sat	BMC Grand Prix 4	tbc		
27/28 July	Sat/Sun	English Senior Champs	Sport City		
04-Aug	Sun	Cheshire T & F League Round 3	Warrington		
10-Aug	Sat	BMC Grand Prix 5 /10k Fest	Trafford		
17/18 Aug	Sat/Sun	Northern Under13/U15/U17 Champs	Tbc		
24/26 Aug	Sat/Sun/Mon	British Champs	Birmingham		
31 Aug/1 Sep	Sat/Sun	National U15/U17 Champs	Bedford		
01-Sep	Sun	Cheshire T & F League Round 4	Ellesmere Port		
07-Sep	Sat	NW Road Relays	tbc	All (incl U11s)	
21-Sep	Sat	NCAA Road Relays	tbc		
05-Oct	Sat	National Road Relays	Sutton Park		
19-Oct	Sat	NCAA XC Reals	Sheffield	All (incl U11s)	
02-Nov	Sat	National XC Relays	tbc		
2020					

** 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 2019 :- 30th April, 14th May, 4th June, 18th June, 9th July, 23rd July, 6th August, 20th August and 3rd September

** Trafford Opens (Sprints and Jumps) for over 15's only - Dates for 2019 :- 21st May, 11th June, 25th June and 16th July

Trafford Medal Meetings (Under 15) Dates for 2019 :- 7th April, 22nd April, 6th May, 27th May and 26th 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. These leagues are great for gaining experience and are open to all age groups, including U11s. The Club also pays the entry fee to the Road and XC Relays plus Cheshire XC, Northern XC and National XC Championships

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: