

Vale Royal Athletic Club Current Fixture List - last updated 15may17

Date	Day	Event	Venue	Open to	Other Information
2017					
20-May	Sat	Vets Relays	Sutton Park, Birmingham		
21-May	Sun	Loughborough International	Loughborough		
25-May	Thu	N Cheshire 5K Grand Prix Series	Dunham Massey 5k #1 7:15pm		more info at spectrumstriders.org.uk
02-Jun	Fri	N Cheshire 5K Grand Prix Series	Birchwood Brook 5k 7:30pm		more info at spectrumstriders.org.uk
08-Jun	Thu	N Cheshire 5K Grand Prix Series	Bowdon 7:15pm		more info at spectrumstriders.org.uk
10-Jun	Sat	Cheshire Schools Champs	Macclesfield	NOT minors	
10-Jun	Sat -	Northern Senior / U20			
11-Jun	Sun	T & F Championships			
15-Jun	Thu	N Cheshire 5K Grand Prix Series	Dunham Massey 5k #2 7:15pm		more info at spectrumstriders.org.uk
17-Jun	Sat	N Cheshire 5K Grand Prix Series	Hollins Green 5k 4pm		more info at spectrumstriders.org.uk
17-Jun	Sat	Mason Trophy	Birmingham ?		
17-Jun	Sat -	England Athletics	Bedford		
18-Jun	Sun	U23/20 Champs	Bedford		
27-Jun	Tue	South Cheshire 5K Series	Queens Park Crewe	min age 11	7pm start - more details at southcheshireharriers.org.uk
30-Jun	Fri /	World Champs Trials &	Alexander Stadium, Perry Bar		
02-Jul	Sun	British Athletics Champs	Birmingham		
07-Jul	Fri -	English Schools T & F	Alexander Stadium, Perry Bar		
08-Jul	Sat	Championships	Birmingham		
12-Jul	Wed	Welsh Athletics U20 International	Cardiff		
25-Jul	Tue	South Cheshire 5K Series	Queens Park Crewe	min age 11	7pm start - more details at southcheshireharriers.org.uk
29-Jul	Sat -	England Athletics / CAU	Bedford		
30-Jul	Sun	Senior Championships	Bedford		
02-Aug	Wed	Pie & Peas 5	Moulton	15 and over	7:30 start - entry details on club website
19-Aug	Sat -	Northern Athletics U15 / 17			
20-Aug	Sun	T & F Championships			
26-Aug	Sat -	National Athletics U15 / 17	Bedford		
27-Aug	Sun	T & F Championships	Bedford		
29-Aug	Tue	South Cheshire 5K Series	Queens Park Crewe	min age 11	7pm start - more details at southcheshireharriers.org.uk
09-Sep	Sat	North West Road Relays	Stanley Park, Blackpool	now inc U11s	(thanks to Jacky Thorn!)
23-Sep	Sat	Northern Road Relays			
30-Sep	Sat	N Staffs XC League	Knights Grange, Winsford	All (incl U11s)	Free*

07-Oct	Sat	National Road Relays	Sutton Park, Birmingham		
21-Oct	Sat	Northern Cross Country Relays	Graves Park, Sheffield		
28-Oct	Sat	N Staffs XC League	Park Hall Country Park, Stoke	All (incl U11s)	Free*
04-Nov	Sat	National Cross Country Relays	Mansfield		
18-Nov	Sat	N Staffs XC League	Stafford Common	All (incl U11s)	Free*
16-Dec	Sat	N Staffs XC League	Staffs University, Leek Rd, S-o-T	All (incl U11s)	Free*

** 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 2017 :- 25th April, 16th May, 13th June, 27th June, 25th July, 15th August and 29th August

** Trafford Opens (Sprints and Throws) for over 15's only - Dates for 2017 :- 23rd May, 20th June and 4th July

Trafford Medal Meetings (Under 15) Dates for 2017 :- 1st May, 29th May and 28th 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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