

Vale Royal Athletic Club Current Fixture List - last updated 20aug17

Date	Day	Event	Venue	Open to	Other Information
<b>2017</b>					
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!)
16-Sep	Sat	Northern Road Relays	Sportcity, Manchester		
30-Sep	Sat	N Staffs XC League	Knights Grange, Winsford	All (incl U11s)	Free*
07-Oct	Sat	National Road Relays	Sutton Park, Birmingham		
14-Oct	Sat	Manchester XC League	Heaton Park	Not U11s	Free*
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		
11-Nov	Sat	Manchester XC League	Boggart Hole Clough	All (incl U11s)	Free*
18-Nov	Sat	N Staffs XC League	Stafford Common	All (incl U11s)	Free*
02-Dec	Sat	Manchester XC League	Kenworthy Woods, Wythenshawe	All (incl U11s)	Free*
16-Dec	Sat	N Staffs XC League	Staffs University, Leek Rd, S-o-T	All (incl U11s)	Free*
<b>2018</b>					
06-Jan	Sat	Cheshire XC Championships	Delamere Forest		
13-Jan	Sat	Manchester XC League	Woodbank Park, Stockport	All (incl U11s)	Free*
10-Feb	Sat	Manchester XC League	Wythenshawe Park	All (incl U11s)	Free*

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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 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.

Shaun - 01606 592 746 07933 150 451