

Date	Time	Day	Distance	Race Name
15-3-8	1pm	Sat	20m	Rhayader 20 Mile Road Race
15-3-8	1pm	Sat	5m	Rhayader 5 Mile Road Race
15-3-8	1pm	Sat	4m/1600'	Moel Wnion Fell Race at Bethesda
22-3-8	1pm	Sat	10m/2500'	Ras Yr Aran Fell Race, Llanuwchllyn
5-4-8	1pm	Sat	5m/1500'	Llangynhafal Loop, Denbighshire
6-4-8		Sun	10km	Chirk Castle 10k
12-4-6	11am	Sat	6.2mile/2100'	Llantysilio Fell Race ( NW Champs)
13-4-8		Sun	26.2m	Flora London Marathon!!!!
19-4-8	2pm	Sat	10.5m/2800'	Ras Y Moelwyns – Blaenau Ffestiniog
26-4-8	2pm	Sat	10m	Wrexham 10 Mile Road Race
4-5-8	1pm	Sun	3m/1500'	Y Garn Fell Race, Rhyd Ddu
9-5-8		Fri	5km	Cristleton 5km Road Race
11-5-8	11.30am	Sun	10km	Newtown 10k Road Race
17-5-8	1pm	Sat	8m/3000'	Moel Eilio Fell Race atLlanberis
24-5-8	2pm	Sat	10.5m/3000'	Cader Idris Fell Race
25-5-8		Sun	5m	Erdigg 5 mile trail
26-5-8	11am	Mon	4m/500'	Mynydd mawr Hill Run, Trefonen
28-5-8	7pm	Wed	5km	Rhyl Suncentre 5km
31-5-8	12 noon	Sat	10m/4000'	Carneddau Fell Race
6-6-8	7.30pm	Fri	5km	Newtown 5km Race
7-6-8	9.30am	Sat	22m/8000'	Welsh 1000m Peaks
11-6-8	7.30pm	Wed	5km	Park Hall, near Oswestry
21-6-8	2pm	Sat	4m/2400'	Moel Hebog, Beddgelert
21-6-8		Sat	11m Trail	Red Kite Challenge Nant Yr Arian
22-6-8		Sun	18m trail	Red Kite Challenge
28-6-8	12noon	Sat	2.1m/700'	Tyn Y Groes Hill Race, Ganllwyd