

## 2019 Race Diary - ROAD and TRAIL

Please double-check all events as start times may change and race entries for many events will close before the day. Dates are to the best of my knowledge correct at the time of publication.

Winter events may also be subject to cancellations or postponements due to poor weather.

### **JANUARY**

TUE 1	New Year's Day 10k, Hereford	10k	11:00
SUN 6	Centurion Grand Prix, Kingshurst	5 miles	11:00
SUN 6	Fladbury Festive 5	5.6 miles	11:00
SUN 20	Tempo Winter Series, Ilmington	10k	10:30

### **FEBRUARY**

SUN 3	Centurion Grand Prix, Kingshurst	5 miles	11:00
SUN 3	Stourbridge Stagger	10 miles / 7k	10:30
SAT 9	Winter Warmer Run, Sutton Park	5k / 10k	10:00
SUN 10	Cannock Chase 5 mile / 10 mile	5 miles / 10 miles	10:00
SUN 10	March Hair Raiser, Albrighton	6 miles	11:00
SUN 17	Rugeley 10 mile	10 miles	10:00
SUN 17	Tempo Winter Series, Ilmington	10k	10:30

### **MARCH**

SUN 3	Centurion Grand Prix, Kingshurst	5 miles	11:00
SUN 3	Warwick Half Marathon	13.1 miles	09:00
SUN 10	Fradley 10k, Staffs	10k	10:30
SUN 10	Knighton 20, Staffs	20 miles	10:30
SUN 10	March Hair Raiser, Albrighton	6 miles	11:00
SUN 17	Shrewsbury 10k	10k	09:00
SUN 17	Stafford Half Marathon	13.1 miles	10:00
SUN 17	Banbury 15	15 miles	10:30
SAT 23	Wolverhampton Trail Half, Aldersley	13.1 miles	11:00
SUN 24	Coventry Half Marathon	13.1 miles	08:30
SUN 24	Ironbridge Half Marathon	13.1 miles	10:00

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### **APRIL**

WED 3	Hereford Couriers 5k Series Race 1	5k	19:15
SUN 7	Centurion Grand Prix, Kingshurst	5 miles	11:00
SUN 7	Derby 10k	10k	09:00
SUN 7	Leamington Regency 10k	10k	09:00
SUN 7	Whitchurch 10k	10k	10:00
SUN 7	Solihull Half Marathon	13.1 miles	10:30
SAT 13	Cannock Chase Trail Half Marathon	13.1 miles	10:00
SUN 14	Droitwich Half Marathon	13.1 miles	11:00
SUN 21	Chasewater Easter Egg 10k	10k	10:30
SUN 28	Baggeridge 10k and 5k Trail Run	5k / 10k	09:30
SUN 28	Stroke Association Resolution Run	5k /10k /15k	11:00
SUN 28	Shakespeare Half Marathon, Stratford	13.1 miles	09:00
SUN 28	Shakespeare Marathon, Stratford	26.2 miles	09:00

### **MAY**

WED 1	DK 10k, Kingswinford	10k	19:15
FRI 3	Fordhouses 5k	5k	19:00
SUN 5	Uttoxeter 10k	10k	10:30
SUN 5	Uttoxeter Half Marathon	13.1 miles	10:30
WED 8	Hereford Couriers 5k Series Race 2	5k	19:15
SUN 12	Bromsgrove 10k	10k	11:00
SUN 12	Crowle Gunpowder Plot 10k	10k	11:00
SUN 12	Lichfield Half Marathon	13.1 miles	10:30
WED 15	Worcs Midweek Series - Hagley 10k	10k	19:30
SUN 19	Burton 10 mile	10 miles	10:45
SUN 19	Knowle Fun Run	5k / 10k	12:00
SUN 19	Cobra Classic	10k	10:30
THU 23	Ryton Pools 5 mile, Coventry	5 miles	19:30
SUN 26	Great Birmingham 10k	10k	10:00
SUN 26	Worcester Pitchcroft 10k	10k	11:00

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### JUNE

SUN 2	Dorridge Fun Run	8 miles	10:00
SUN 2	Great Midlands Fun Run, Sutton Coldfield	8.5 miles	11:00
WED 5	Hereford Couriers 5k Series Race 3	5k	19:15
SUN 9	Two Castles 10k, Warwick	10k	09:00
SUN 9	Derby Half Marathon	13.1 miles	09:30
SUN 9	Potters 'Arf Marathon, Stoke-on-Trent	13.1 miles	10:30
WED 12	Worcs Midweek Series - Redditch 12k	12k	19:30
WED 12	Malvern Joggers 10k	10k	19:30
SAT 15	Gnosall Carnival 10k	10k	10:30
SUN 16	Arden 9 mile, Hampton-in-Arden	9 miles	10:30
WED 19	Rugby 6 mile	6 miles	19:45
FRI 21	Blakedown Bolt	10k	19:15
SAT 22	Meerbrook 15k, Leek	15k	10:00
SUN 30	Black Country Run, Halesowen	10k	09:45

### JULY

WED 3	West Bromwich Harriers Classic 5k	5k	19:30
SAT 6	Birmingham and Black Country Half	13.1 miles	09:00
SAT 6	Stoke-on-Trent Festival of Running DAY 1	5k/10k	11:00
SAT 6	Stoke-on-Trent Festival of Running DAY 2	13.1 miles / 26.2 miles	09:00
SUN 7	Ashbourne Half Marathon	13.1 miles	09:30
SUN 7	Leamington Spa Half Marathon	13.1 miles	08:30
WED 9	Worcs Midweek Series - Droitwich 10k	10k	19:30
SAT 13	Timberhonger 10k, Bromsgrove	10k	18:00
SUN 14	Northbrook 10k, Coventry	10k	09:40
SAT 20	Stratford Summer Six	6 miles	19:30

### AUGUST

SUN 11	Burton 10k	10k	10:00
WED 14	Worcs Midweek Series - Clent 8k	8k	19:30
SUN 18	Wye Valley 10 miler, Hereford	10 miles	10:00

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### SEPTEMBER

SUN 1	Wolverhampton Half Marathon	13.1 miles	09:30
SUN 8	Lichfield 10k	10k	10:30
SUN 15	Tamworth 5 mile	5 mile	10:00
SUN 15	Handsworth Park 10k	10k	10:30
SUN 22	Brewood 10k	10k	10:00
SUN 22	Waseley Wobbler	8.5 miles	10:30
SUN 22	Balsall Common 10k	10k	12:00
SUN 29	Bournville Leafy 10k	10k	10:00

### OCTOBER

SUN 6	Alcester 10k	10k	10:00
SUN 6	Shrewsbury Half Marathon	13.1 miles	09:00
SAT 12	Worcestershire Beacon Race	7 miles	15:00
SUN 13	Great Birmingham Run Half Marathon	13.1 miles	10:00
SAT 26	Cob House Halloween 10k, Worcester	10k	14:30
SUN 27	Coven Canter	10k	11:00
SUN 27	Rugby Half Marathon	13.1 miles	09:30

### NOVEMBER

SUN 3	Centurion Grand Prix, Kingshurst	5 miles	11:00
SUN 17	Derby 10 mile	10 miles	10:00
SUN 24	Suicide Six, Baggeridge Country Park	6 miles	11:00
SAT 30	Cheddleton Christmas Pudding 10k	10k	14:00

### DECEMBER

SUN 1	Centurion Grand Prix, Kingshurst	5 miles	11:00
SUN 8	Telford 10k	10k	10:30
SUN 8	Sneyd Striders Christmas Pudding Run	5 miles / 10 miles	10:00
SUN 15	Wolverhampton Turkey Trot	5 miles	10:00
SUN 27	Wheaton Aston 10k	10k	11:00