

## 2019 Race Diary

Road, Multi Terrain, Fell, Cross Country Track and Field, Parkruns

Most popular with club members

Added 2019

**Now included; All the Yorkshire Veterans Association Road Race Championship races  
York Summer Track and Field League meeting dates**

### Road

Date	Venue	Distance	Comment
17-18 Aug	Hell, on the Humber	Various	6 to 36 hours events. See Website
24 Aug	Blackpool	5K 10K	Saturday Night
25 Aug	Malton	10K	Pure fun – wine involved!
25 Aug	Gilberdyke	10 mile	
1 Sep	Hornsea	5K	
1 Sep	Tholthorpe	10K	Club favourite. Incorporates N. Yorks 10K Champs Entry on line January TBN. Will sell out.
8 Sep	Newcastle. GNR	1/2 Mara	
12 Sep	York 5K Series (8)	5K	
14 Sep	Castleton Show	10K	Saturday race, 'Fell race on the road'
15 Sep	Big Stockport	10k	
15 Sep	Vale of York	Half Mara	
15 Sep	Elloughton (Jim Dingwall)	10K	Fast two lap course
22 Sep	Hull	Mara	Yorks Vets Champs Race
29 Sep	Berlin	Mara	
29 Sep	Nottingham	Mara	Tough half – boring 2 <sup>nd</sup> half
29 Sep	Nottingham	1/2 Mara	Tough urban course
29 Sep	Redcar	1/2 Mara	
29 Sep	Yorkshire Coast	10K	Sold out!
6 Oct	Bridlington	1/2 Mara	PB potential if not windy
Oct TBN	Halloween Humber Bridge	-	(No Trace for 2019 as at 13 Aug). 6 hours race
6 Oct	Chester	Mara	PB potential
10 Oct	York 5K Series (9)	5K	Also Yorks Vets Champs Race
20 Oct	York	Mara	Club favourite, Will sell out.
20 Oct	York	10 mile	
27 Oct	Leeds	10K	Club Favourite
24 Nov	Doncaster	10K	Abbey Dash race. Fast course.
24 Nov	Ponteland	10 mile	
3 Nov	New York USA	Mara	
14 Nov	York 5K Series (10)	5K	
17 Nov	Conwy	1/2 Mara	
17 Nov	Rother Valley	10K	
29 Dec	Ribble Valley	10K	North of England Championship Race

## Multi Terrain

See also the 'It's Grim Up North Running' website for numerous trail races

Date	Venue	Distance
24 Aug	Smugglers Trod	17 and 25 miles
15 Sep	Filey Beach	10K. 'Lions' event
22 Sep	Forest and Moors – Dalby Forest	10K, Half and Full marathon
3 Nov	Gunpowder Plot Trail. York	10K
10 Nov	Dalby Dash	10K. (EYXC Clash)
7 Dec	Rudolf Romp	25 miles
15 Dec	Loftus Poultry Run	8 miles. Club favourite
7 Dec	Rudolf Romp	25 miles

## Hardmoors. (See Hardmoors website for further details)

26.2 Series – Includes half marathon and 10K **approximate** distances

Date	Title
13 Oct	Osmotherly

## Ultras

Date	Distance	Starting Point
15 Sep	60 miles	Guiseley
24 Nov	80 miles	Hessle

## Fell

See Esk Valley Fell Club for information re course/distance/climb **for all races**

**Summer Series.** Various days

Wednesday	4 September	Roseberry Topping
Saturday	8 September	Castleton Show. (Separate Junior Race)
Sunday	22 September	Fry-up Frazzler. (Home Fixture)

**Winter 2018/19 Season.** . Sundays other than Friday 27 December Race

6 October	Saltergate Gallows
20 October	Gormire Gamble
3 November	Lockton Limping
1 December	Eskdale Eureka
27 December	Guisborough Woods

**Other Races.** Various Days

Tuesday	6 August	Ravenscar Rumble
Saturday	17 August (TBC)	Rosedale Show

## Track and Field

York Summer League

Sunday 1<sup>st</sup> September

## 2019/2020 Cross Country Fixtures

### East Yorkshire

Race	Date	Venue	Distance	Host Club
1	13 October	Bishop Wilton	5.7 miles	Pocklington Road Runners
2	10 November	Drewton Woods	6.2 miles	Beverley AC and City Hull AC
3	8 December	Langdale End	5.7 miles	Scarborough AC
4	5 January	Sledmere	7.1 miles	Driffield Striders
5.	9 February *	Welton	6.3 miles	Goole Viking Striders / Selby Striders
6	1 March	Sewerby	5.3 miles	Bridlington Road Runners

\* Venue may change if Yorks Wolds Club host.

### North Yorkshire

Race	Date	Venue
Relays	22 September	The Flatts, Thirsk
1	6 October	Acklam Sports Centre
2	10 November	Caedmon College, Whitby
3	24 November	Fox Rush Community Centre, Redcar
4	8 December	Summerhill Visitors Centre, Hartlepool
5.	19 January	Ormesby Hall, Middlesbrough
6	16 February	Old RaceCourse, Richmond
7	22 March	Acklam Sports Centre,

Road Relays. 22 March. Croft Circuit

### Championship Dates

Yorkshire 4 January, Northern 25 January, National 22 February

North Yorkshire Schools 18 January, English Schools 14 March

### Parkruns

All start at 0900 every Saturday. Standard 5 K for all local events (some have a 2.5 K option). Free to enter. Log on 24 hours before 1<sup>st</sup> Parkrun Web to register and get a barcode to use for all future races.

Parkruns; Dalby Forest, Sewerby, York, Hull x 3, Middlesbrough x 2 – and all over the UK and some overseas countries- look up before going abroad!