

### Summer Fixture List 2019

9 <sup>th</sup> March 10 <sup>th</sup> March	CAU XC Champs	Prestwood Hall, Leicester
16 <sup>th</sup> March 18 <sup>th</sup> March	ESSA XC	Chelmsford
23 <sup>rd</sup> March 24 <sup>th</sup> March	Winter Warm-up NA 6 & 12 Stage Relays	Stanley Park Birkenhead Park
30 <sup>th</sup> March 31 <sup>st</sup> March	World XC Champs	Aarhus Denmark
3 <sup>rd</sup> April 6 <sup>th</sup> April	Inter Club Series Lancs/Schools AA Combined ERRA 6 & 12 Stage Relays	Blackpool Hyndburn Sutton Park
8 <sup>th</sup> April	Lancs/Schools AA Combined	Hyndburn
12 <sup>th</sup> April 13 <sup>th</sup> April 14 <sup>th</sup> April	Mid Lancs Presentation Mid Lancs T&F	Blackburn F C Blackburn
20 <sup>th</sup> April 21 <sup>st</sup> April		
27 <sup>th</sup> April 28 <sup>th</sup> April	YDL (Lower) London Marathon	Blackpool
30 <sup>th</sup> April 2 <sup>nd</sup> May 4 <sup>th</sup> May	Trafford GP- Distance Inter Club Series BUCS Champs (3 days) Mid Lancs T&F	Lytham St Annes Bedford Hyndburn
5 <sup>th</sup> May 6 <sup>th</sup> May	YDL (Upper) Lancaster & Morecambe Medal	Leigh Lancaster
11 <sup>th</sup> May 12 <sup>th</sup> May	Lancs T&F Champs Lancs T&F Champs	Blackpool Blackpool
14 <sup>th</sup> May 18 <sup>th</sup> May 19 <sup>th</sup> May	Trafford GP-Distance YDL (Lower) NoE T&F League	Bury Preston
25 <sup>th</sup> May 26 <sup>th</sup> May	BMC Grand Prix YDL (Upper)	Sportcity Ellesmere Port

1 <sup>st</sup> June	NA Sen/U20 Champs Mid Lancs T&F	Sportcity Preston
2 <sup>nd</sup> June	NA Sen/U20 Champs	Sportcity
4 <sup>th</sup> June	Trafford GP-Distance	
8 <sup>th</sup> June	Lancashire Schools	Blackpool
9 <sup>th</sup> June		
12 <sup>th</sup> June	Inter Club Series	Preston
15 <sup>th</sup> June	BMC Grand Prix	Loughborough
16 <sup>th</sup> June	NOE T&F League	Litherland
18 <sup>th</sup> June	Trafford GP-Distance	
22 <sup>nd</sup> June	YDL (Lower) EA U20&23 Champs	Ashton-u-Lyne Bedford
23 <sup>rd</sup> June	EA U20&23 Champs	Bedford
25 <sup>th</sup> June	Inter Club Series	Thornton Cleveleys
29 <sup>th</sup> June	BMC Grand Prix	Watford
30 <sup>th</sup> June	YDL (Upper)	Blackpool
6 <sup>th</sup> July	Mid Lancs T&F	Lancaster
7 <sup>th</sup> July	Northern Inter-Counties U15/17	Middlesbrough
9 <sup>th</sup> July	Trafford GP-Distance	
12 <sup>th</sup> July	English Schools	Birmingham
13 <sup>th</sup> July	English Schools	Birmingham
14 <sup>th</sup> July	NoE T&F League	Leigh
20 <sup>th</sup> July	YDL (Lower) BMC Grand Prix Muller Anniversary Games	Macclesfield Eltham London
21 <sup>st</sup> July	Muller Anniversary Games	London
22 <sup>nd</sup> July	Inter Club Series	Wesham
23 <sup>rd</sup> July	Trafford GP-Distance	
27 <sup>th</sup> July	CAU Champs & EA Senior	Sportcity
28 <sup>th</sup> July	CAU Champs & EA Senior	Sportcity
3 <sup>rd</sup> Aug	Mid Lancs T&F	Litherland
4 <sup>th</sup> Aug		
6 <sup>th</sup> Aug	Trafford GP-Distance	
10 <sup>th</sup> Aug	NoE T&F League BMC Grand Prix	Blackpool Trafford
11 <sup>th</sup> Aug		

14th Aug	Inter Club Series	Chorley
	Manchester International	Sportcity
17 <sup>th</sup> Aug	NA U15/Y17 Champs	Wavertree
18 <sup>th</sup> Aug	NA U15/U17 Champs	Wavertree
	Muller Grand Prix	Birmingham
20 <sup>th</sup> Aug	Trafford GP-Distance	
24 <sup>th</sup> Aug	Mid Lancs T&F Medal	Blackpool
	BA Champs /World Trials	Birmingham
25 <sup>th</sup> Aug	BA Champs/World Trials	Birmingham
31 <sup>st</sup> Aug	EA U15/U17 Champs	Bedford
1 <sup>st</sup> Sept	EA U15/U17 Champs	Bedford
3 <sup>rd</sup> Sept	Trafford GP-Distance	
4 <sup>th</sup> Sept	Inter Club Series	Leyland
7 <sup>th</sup> Sept		
8 <sup>th</sup> Sept	Medal Meeting	Blackpool
	NW Counties Road Relays	
14 <sup>th</sup> Sept		
15 <sup>th</sup> Sept		
21 <sup>st</sup> Sept		
22 <sup>nd</sup> Sept		
27 <sup>th</sup> Sept	World Champs Start	Doha
28 <sup>th</sup> Sept		
29 <sup>th</sup> Sept		
5 <sup>th</sup> Oct		
6 <sup>th</sup> Oct		
10 <sup>th</sup> Oct	World Champs End	Doha