



St Helens Sutton Road Race Championship Fixtures

MARCH 6TH - St Helens 10km- <http://sthelens10k.co.uk/sign-up/>

MARCH 27TH - HALE Village 5 Miler - <https://www.entryhub.co.uk/hale-village-5-mile-2016>

APRIL 2ND – 12 and 6 Stage Road Relay Champs, Sunderland

APRIL 17th - St Helens parkrun (free) - <http://www.parkrun.org.uk/sthelens/>

MAY 1st – Liverpool Spring 10km - <http://www.merseyraces.co.uk/>

MAY 17th –Walton Park 5 miler-<http://www.liverpoolrunningclub.com/>

JUNE 8th– Birkenhead Park 5 miler- <http://www.runbritain.com/>

JUNE 19th- Tunnel Run 10km - <http://www.btrliverpool.com/#!/mersey-tunnel-10k/cfvg>

JUNE 26TH – Penny Lane 10km - <http://www.pennylanestridders.club/penny-lane-stridders-10k.html>

JULY 6th – Ladies Forest Park 5km - <http://www.spectrumstriders.org.uk/our-races/forest-park-ladies-5k>

JULY 13th – Sefton Park 5 miler - <http://mossleyhillrunning.org.uk/>

AUGUST 9th - Mystery 5km - <http://www.liverpoolharriers.co.uk/>

AUGUST 13TH – Birchwood 10 km -<http://www.spectrumstriders.org.uk/our-races/birchwood-10k>

AUGUST 28TH The Dream Trail 5km & 5 miler

SEPT 3rd – Halewood 5km (free) - <http://www.knowsleyharriers.com/events/merseyvend-ttr>

SEPT 4th- Wigan 10km - <http://www.wigan10k.co.uk/>

SEPT 11th – Wirral Half Marathon - <http://www.btrliverpool.com/#!/wirral-enter/c6en>

SEPT 24th – Northern Athletics Road Relays, Birchwood

OCT TBC – Rainford 10km - <http://www.therainford10k.co.uk/>

Points system is based on the Age Calculator, the person with the lowest time will get 3 points and everyone after will receive an additional point. So if there are 8 taking part the highest would get 10 points. This year no attendance points will be given, in its place bonus points will be awarded at the end of the year. Any one whom takes part in 3 races throughout the year will receive 25 points, 6 races = 50 points, 6 and over = 100 points. (beginners whom take part in 3 races will receive an extra 50, this is for the slower runners only)