

Vale Royal Athletic Club Current Fixture List - last updated 22sep17

Date	Day	Event	Venue	Open to	Other Information
2017					
30-Sep	Sat	N Staffs XC League	Knights Grange, Winsford	All (incl U11s)	Free*
07-Oct	Sat	National Road Relays	Sutton Park, Birmingham		
14-Oct	Sat	Manchester XC League	Heaton Park	Not U11s	Free*
21-Oct	Sat	Northern Cross Country Relays	Graves Park, Sheffield		
28-Oct	Sat	N Staffs XC League	Park Hall Country Park, Stoke	All (incl U11s)	Free*
04-Nov	Sat	National Cross Country Relays	Mansfield		
11-Nov	Sat	Manchester XC League	Boggart Hole Clough	All (incl U11s)	Free*
18-Nov	Sat	N Staffs XC League	Stafford Common	All (incl U11s)	Free*
02-Dec	Sat	Manchester XC League	Kenworthy Woods, Wythenshawe	All (incl U11s)	Free*
16-Dec	Sat	N Staffs XC League	Staffs University, Leek Rd, S-o-T	All (incl U11s)	Free*
2018					
06-Jan	Sat	Cheshire XC Championships	Delamere Forest		
13-Jan	Sat	Manchester XC League	Woodbank Park, Stockport	All (incl U11s)	Free*
27-Jan	Sat	Northern XC Champs	Harewood House, Leeds		
10-Feb	Sat	Manchester XC League	Wythenshawe Park	All (incl U11s)	Free*
24-Feb	Sat	National XC Champs	Parliament Hill, London		

** Trafford Opens (Distance and Throws) at Longford Park for over 15s only. U15's can compete in special races (alternate 800 and 1500) otherwise open to U17 and above

Dates for 2017 :- 25th April, 16th May, 13th June, 27th June, 25th July, 15th August and 29th August

** Trafford Opens (Sprints and Throws) for over 15's only - Dates for 2017 :- 23rd May, 20th June and 4th July

Trafford Medal Meetings (Under 15) Dates for 2017 :- 1st May, 29th May and 28th August

Free* The club pays a registration fee to the N Staffs and Manchester XC Leagues. This allows any VRAC member to run for free. Both these leagues are great for gaining experience and are open to all age groups, including U11s.

Road relays are usually run in a park setting on hard paths.

Talk to your coaches to determine which events you can/should compete in:

U11s need to be school years 5 & 6, and NOT 11 before 1st of September in any year.

If 11 before September then athletes must compete as U13.

For cross country age categories - ask your coach.

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