

Vale Royal Athletic Club Current Fixture List for 2020 - updated March 2020

| Date | Day | Event | Venue | Open to | Other Information |
|--------------|-----------|--|----------------------------|--------------------|-------------------|
| 2020 | | | | | |
| 22-Mar | Sun | Northern Road Relays & Under 17 5k Road Race | Birkenhead Park | | |
| 04-Apr | Sat | National Road Relays | Sutton Park, Birmingham | Seniors only | |
| 26-Apr | Sun | Virgin London Marathon & Mini Marathons | London | | |
| 8/10 May | Sat - Mon | BUCS T & F Champs | Bedford | | |
| 09-May | Sat | BMC Academy PB Classic | Millfield School, Somerset | | |
| 16-May | Sat | BMAF Relays | Sutton Park, Birmingham | Seniors only | |
| 16-May | Sat | BMC Grand Prix 1 | Trafford | | |
| 30/31 May | Sat/Sun | Cheshire T & F Champs | Ellesmere Port | | |
| 30-May | Sat | BMC Grand Prix 2 | Watford | | |
| 06-Jun | Sat | BMC Academy PB Classic | Milton Keynes | | |
| 6/7 Jun | Sat/Sun | National Under 20 & Under23 Champs | Bedford | | |
| 13-Jun | Sat | Cheshire Schools T & F | tbc | | |
| 20-Jun | Sat | Mason Trophy | tbc | | |
| 20/21 Jun | Sat/Sun | British Champs | Sports City | | |
| 27/28 Jun | Sat/Sun | Northern Senior & Under 20 Champs | Sports City | | |
| 04-Jul | Sat | BMC Grand Prix 3 | Sports City | | |
| 10/11 July | Fri/Sat | English Schools T & F Champs | Sports City | | |
| 18/19 July | Sat/Sun | English Senior T & F Champs | Sports City | | |
| 25-Jul | Sat | BMC Grand Prix 4 | Loughborough | | |
| 08-Aug | Sat | BMC Grand Prix 5 /10k Fest | Eltham, London | | |
| 15/16 Aug | Sat/Sun | Northern Under13/U15/U17 Champs | Wavertree, Liverpool | | |
| 29/30 Aug | Sat/Sun | National U15/U17 Champs | Bedford | | |
| 05-Sep | Sat | NW Road Relays | tbc | All (incl U11's) | |
| 20/9 or 27/9 | Sat | NCAA Road Relays | Sports City | | |
| 03-Oct | Sat | National Road Relays | Sutton Park, Birmingham | | |
| 17-Oct | Sat | NCAA XC Relays | Sheffield | All (incl U11's) | |
| 31-Oct | Sat | National XC Relays | Mansfield | | |
| 2021 | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

** 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 2020 :- 28th April, 12th May, 26th May, 9th June, 23rd June, 7th July, 28th July, 11th August and 25th August

** Trafford Opens (Sprints and Jumps) for over 15's only - Dates for 2020 :- 19th May, 2nd June, 16th June and 14th July

Trafford Medal Mettings (Under 15) Dates for 2020 :- 13th April, 8th May, 25th May and 31st 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.

These leagues are great for gaining experience and are open to all age groups, including U11s.

The Club also pays the entry fee to the Road and XC Relays plus Cheshire XC, Northern XC and National XC Championships

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: