

## 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
31 Mar	Elvington	5 & 10 mile	See York Run York Race.
7 Apr	Hornsea	1/3 Mar	Official distance
7 Apr	Burton Pidsea	10K	
7 Apr	Great Manchester	Mara	Fast Course
11 Apr	York 5K Series (3)	5K	
14 Apr	Sheffield	Half Mara	
14 Apr	Vale of York	10 mile	
16 Apr	E.H.H League New Ellerby	5 miles	Race 1 of 8
19 Apr	New Marske	10K	Good Friday Race. <span style="color: red;">Now Full</span>
22 Apr	Ackworth	Half Mara	Easter Monday and Yorks Vets Champs Race
28 Apr	Blackpool	Mara, 10K	Fast if not windy on seafront
28 Apr	London	Mara	Full
30 Apr	E.H.H League. Sproatley	6 Miles	Race 2 of 8
5 May	Kirkby Moorside	10K	Club favourite. Tough but very popular race
5 May	Scunthorpe	Half Mara	North Lincolnshire Half
9 May	York 5K Series (4)	5K	
12 May	Leeds	Half Mara	'Run for All' event
14 May	East Park Hull	4 miles	Race 3 of 8. (Plus 2 mile Fun Run)
12 May.	Beverly	10K	Full. Official Swaps possible
19 May	Manchester	10k, ½ Mara	
25/26 May	Liverpool	Half Mara	5 k on 25 May
28 May	E.H.H. League. Leven	10K	Race 4 of 8
Jun. TBN	Tameside	Various	4 races over 4 days
2 Jun	Hull	10K & 1/2 Mara	'Run for All' events'
6 Jun	Haworth	5 miles	Tuesday, Yorks Vets Champs Race
9 Jun	New Marske	10K	'Victorian'
11 Jun	E.H.H. League Sproatley	7 Miles	Race 5 of 8
13 Jun	York 5 K Series (5)	5K	
13-16 Jun	Tour of Tameside	Various	4 races. Long standing event founded by Ron Hill
17 Jun TBC	Scalby Fair	Various	Part of village fair. <span style="color: red;">Very informal. No club vests!</span>
21-23 Jun	Edinburgh	Various	5K, 10K, Half and Full Marathon
25 Jun	EHH League Coniston	10K	Race 6 of 8
30 Jun	Humber Bridge	10K	Saturday Race. Mostly on the bridge
30 Jun	Harrogate	10K	
30 Jun	Ecup (Leeds)	10 miles	Yorks Vets Champs Race
30 Jun	Southport	Half Mara	Also, a 10K
12 Jul.	Walkington	10k	Club favourite. May sell out.
Jul. TBN	Rother Valley	5 mile	
3 Jul	Haworth	10K	Yorks Vets Champs Race
7 Jul	Kilburn Feast	7 mile	Hilly and scenic
7 July	Leeds	10K	'Run for All' race
9 Jul	E.H.H. Skirlaugh	8 miles	Race 7 of 8
10 Jul	Doncaster	5K	Wed night. Town centre race

11 Jul	York 5K Series (6)	5K	
14 Jul	British 10K London	10K	
21 Jul	Grimsby	10K	
23 Jul	E.H.H. League Hedon	4 Miles	Race 8 of 8
Aug. TBN	York	5K	Millennium Bridge races & shorter races
4 Aug	York	10K	'Run for All' event
8 Aug	York 5K Series (7)	5K	
11 Aug	Dublin	10K 1/2 Mara	
16-20 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!
Sep TBN	Big Stockport	10K	
Sep TBN	Gilberdyke	10 mile	
Sep TBC	Derwent Dash	10K	Stamford Bridge
1 Sep	Hornsea	5K	
1 Sep	Tholthorpe	10K	Club favourite. Incorporates N. Yorks 10K Champs
8 Sep	Newcastle. GNR	1/2 Mara	Entry on line January TBN. Will sell out.
12 Sep	York 5K Series (8)	5K	
14 Sep	Castleton Show		Saturday race, 'Fell race on the road'
15 Sep	Vale of York	Half Mara	
15 Sep	Ellough (from Dingwall)	10K 10K	Fast 2 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	Open on 1 June 0700. Will sell out in hours!
6 Oct	Bridlington	1/2 Mara	PB potential if not windy
Oct TBN	Halloween Humber Bridge	-	6 hours on the bridge
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 Abbey Dash race. Fast course.
Nov. TBN	Barnsley	10K	
Nov. TBN	Doncaster	10K	
Nov. TBN	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	
Dec TBN	Ribble Valley	10K	

## Multi Terrain

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

Date	Venue	Distance
19 Apr	Easter Egg, Bridlington	5 miles. Good Friday
21 Apr	Hemsley	10K
19 May	Fountains Abbey	10K
19 May	Ravenscar	Half Mara & 10K
2 Jun	Mulgrave Castle	10K
2 Jun	Top of the Wolds	10K
14 Jun	Sledmere Sunset Trail	10K Friday night. Club favourite
June TBN	Glorious Gargrave Festival	5k to Ultra
July TBN	Castle Howard	6K & 10K
28 July	Ryedale Festival. Ampleforth College	5k to marathon
Jul TBN	Lyke Wake Challenge	40 miles

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

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

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

Date	Title
12 May	Wainstones
9 June	White Horse
4 Aug	Farndale
13 Oct	Osmotherly

### Ultras

Date	Distance	Starting Point
24-26 May	200	Hull
25/26 May	110 miles	Filey
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**

**Winter Series.** All Sunday mornings

14 April	Gisborough Moors
28 April	Blakey Blitz

**Summer Series.** Various days

Wednesday	1 May	Gribdale Growler
Saturday	11 May	Fox and Hounds
Wednesday	5 June	Ossy Oiks
Wednesday	19 June	Whorlton Run
Sunday	14 July	Viking Chase 4 Peaks
Wednesday	24 July	Inclined to Madnes
Saturday	3 August	Osmotherly Show
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	9 July	Bransdale
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Tuesday	6 August	Ravenscar Rumble
Saturday	17 August (TBC)	Rosedale Show

## Track and Field

Northern Athletics Track and Field League

19 May	York (We will host)
16 June	Darlington
14 July	Jarrow
10 August	Middlesbrough

York Summer League

Monday 22<sup>nd</sup> April  
Monday 6<sup>th</sup> May  
Saturday 25<sup>th</sup> May  
Sunday 9<sup>th</sup> June  
Sunday 11<sup>th</sup> August  
Sunday 1<sup>st</sup> September

Championships

12/13 Jan. Northern Indoors. Sheffield

York Summer League

5 fixtures but no information published yet

Open Meetings

Middlesbrough Sports Village 7 April

Hull, York, Wakefield – TBN

## 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!