

## 2019 Race Diary

### Remaining Fixtures

Road, Multi Terrain, Fell, Cross Country Track and Field, Parkruns

Most popular with club members

Added 2019

#### Road

East Hull Harriers Summer League races, TBN

York 5 K Series.TBN

Date	Venue	Distance	Comment
13 Jan	Brass Monkey	Half Mara	Full
20 Jan	4 Villages. Cheshire	Half Mara	Good course with a downhill near the end
27 Jan	Ferriby	10 mile	Full
3 Feb	Dewsbury	10K	
3 Feb	Southport. Mad Dog	10K	
24 Feb	Snake Lane	10 mile	Full
24 Feb	Carthage Tunisia	Half Mara	Join Paul Thomppson
24 Feb	Huddersfield	10K	Rowan Johnson has course record since 2002!
10 Mar	Spenn Valley	20 mile	Yorkshire Champs. Hilly
17 Mar	Trimple Morecambe	20 mile	Worth the journey. PB course
17 Mar	East Hull	20 mile	Tough course
17 Mar	Thirsk	10 mile	PB course
17 Mar	Bradford	10K	
24 Mar	Wakefield		Mildly undulating
24 Mar	London Landmarks	Half Marathon	
31 Mar	Elvington	5 & 10 mile	See York Run York Race. Check. . Probably unlicensed.1
7 Apr	Hornsea	1/3 Mar	Official distance
7 Apr	Burton Pidsea	10K	
7 Apr	Great Manchester	Mara	Fast Course
14 Apr	Sheffield	Half Mara	
14 Apr	Vale of York	10 mile	
19 Apr (TBC)	New Marske	10K	Good Friday Race. Now Full
22 Apr	Ackworth	Half Mara	Easter Monday Race
28 Apr	Blackpool	Mara, 10K	Fast if not windy on seafront
28 Apr	London	Mara	Full
5 May	Kirkby Moorside	10K	Club favourite. Tough but very popular race
5 May	Scunthorpe	1/2 Mara	North Lincolnshire Half
12 May	Leeds	1/2 Mara	'Run for All' event
12 May.	Beverley	10K	Club favourite. On line January TBN. Will sell out
19 May	Manchester	10k 1/2 Mara	
25/26 May	Liverpool	1/2 Mara	5 k on 25 May
Jun. TBN	Tameside	Various	4 races over 4 days
Jun/ TBN	New Marske	10K	'Victorian'.
2 Jun	Hull	10K & Half Mar	'Run for All' events'
17 Jun TBC	Scalby Fair	Various	Part of village fair. Very informal. No club vests!
21-23 Jun	Edinburgh	Various	5K, 10K, Half and Full Marathon
30 Jun	Humber Bridge	10K	Saturday Race. Mostly on the bridge
30 Jun	Harrogate	10K	
30 Jun	Southport	Half Mara	Also, a 10K
12 Jul.	Walkington	10k	Club favourite. May sell out. Check Jan on line date
Jul. TBN	Rother Valley	5 mile	
7 Jul	Kilburn Feast	7 mile	Hilly and scenic

7 July	Leeds	10K	'Run for All' race
10 Jul	Doncaster	5K	Wed night. Town centre race
14 Jul	British 10K London	10K	
21 Jul	Grimsby	10K	
Aug. TBN	York	5K	Millennium Bridge races & shorter races
4 Aug	York	10K	'Run for All' event
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	<b>Saturday Night</b>
25 Aug	Malton	10K	<b>Pure fun – wine involved!</b>
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	<b>Club favourite. Incorporates N. Yorks 10K Champs</b>
8 Sep	Newcastle. GNR	1/2 Mara	<b>Entry on line January TBN. Will sell out.</b>
14 Sep	Castleton Show		Saturday race, 'Fell race on the road'
15 Sep	Vale of York	Half Mara	
22 Sep	Hull	Mara	
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	<b>Will sell out in hours!</b>
Oct TBN	Bridlington	1/2 Mara	PB potential if not windy
Oct TBN	Halloween Humber Bridge	-	6 hours on the bridge
Oct TBN	Elloughton (Jim Dingwall)	10K	Fast 2 lap course. Date can be delayed. Humber Tri Club.
7 Oct	Chester	Mara	PB potential
20 Oct	York	Mara	<b>Club favourite, Will sell out.</b>
20 Oct	York	10 mile	
Nov TBN	Leeds	10K	<b>Club Favourite</b> Abbey Dash race. Fast course.
Nov. TBN	Barnsley	10K	
Nov. TBN	Doncaster	10K	
Nov. TBN	Ponteland	10 mile	
3 Nov	New York USA	Mara	J
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 NorthRunning' website for numerous trail races

Date	Venue	Distance
1 Jan	Bridlington	5K
12 Jan	Scarborough Rock	16 and 24 miles, <b>Saturday race</b>
10 Feb	Ripon. Muddy Boots	10K
17 Feb	Harewood House	Half Marathon and 10K
2 Mar	Dalby Forest Dark Run	5K
19 Aprl	Easter Egg, Bridlington	5 miles. <b>Good Friday</b>
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 <b>Friday night. Club favourite</b>
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. <b>'Lions' event</b>
22 Sep	Forest and Moors – Dalby Forest	10K, Half and Full marathon
Nov TBN	Gunpowder Plot Trail. York	10K
10 Nov	Dalby Dash	10K. <b>(EYXC Clash)</b>
<b>Dec TBN</b>	<b>Loftus Poultry Run</b>	<b>8 miles. Club favourite</b>
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
10 Feb	Saltburn
12 May	Wainstones
9 June	White Horse
4 Aug	Farndale
13 Oct	Osmotherly

**Check Hardmoors Website for; Goathland in November and Roseberry Topping in December**

**Check Hardmoors Website for dates of other races;**

Eston Nab Challenge Race, August  
 Hardmoors Princess Challenge, September  
 Turnpike Trot 10K and Rabbit Run 5K, October  
 Night Race and Fryup Thriller, October

Ultras

Date	Distance	Starting Point
1 Jan	15 miles	Robin Hoods Bay
1 Jan	30 Miles	Robin Hoods Bay
16 Mar	55 Miles	Guisborough
24-26 May	200	Hull
25/26 May	110 miles	Filey
15 Sep	60 miles	Guiseley
24 Nov	80 miles	Hessle

**Cross Country**

NYSD

20 Jan	Middlesboro. Ormesby Hall
17 Feb	Richmond, Old Racecourse

EYXC

6 Jan	Sledmere
10 Feb	Welton
3 Mar	Sewerby

Championships

Yorkshire	Lightwater Valley. Ripon	5 Jan 2019
Northern	Pontefract	26 Jan 2019
National	Harewood House. Leeds	23 February

## Fell

See Esk Valley Fell Club for information re course/distance/climb **for all races**

### Winter Series. All Sunday mornings

6 January	Comondale Clart.
3 February	Maybeck 3 Crosses Home Fixture
24 February	Heartbeat Hobble Home Fixture
3 March	Glaisdale Rigg
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
24 November	Eskdale Eureka
27 December	Guisborough Woods

### Other Races. Various Days

Tuesday	1 January	Captain Cooks
Sunday	17 March	The Skyline
Tuesday	21 March	Roseberry Romp
Tuesday	9 July	Bransdale
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	Middlesborough

Championships

12/13 Jan. Northern Indoors. Sheffield

York Summer League

5 fixtures but no information published yet

## Open Meetings

Hull, York, Middlesbrough and 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!