

Road

1. Coniston 14 : Saturday 29th March
2. Otley 10 : Wed 11th June
3. Littondale 4 : Saturday 9th August
4. Blackpool Run the Lights 10k : Saturday 16th August
5. Ribble Valley 10k : Sunday 28th December
6. Track mile
7. Best Skipton parkrun
8. Best half marathon
9. Best marathon

Fell

1. Hoofstones (BM) : Saturday 25th Jan
2. Flower Scar (AM) : Saturday 22nd Feb (Yorkshire Champs)
3. Bunny Run (CS) : 3 x weeks in April
4. Coiners (BM) : Monday 5th May
5. Ogden Midsummer Madness (AS) : Wednesday 18th June
6. Arncliffe BOFRA (BS) : Saturday 9th August
7. Grisedale Horseshoe (AM) : Saturday 30th August
8. Dunnerdale (AS) : Saturday 8th Nov
9. Stoop (BS) : Sunday 21st December

Extreme

1. Wadsworth Trog (BL): Sunday 1st Feb
2. Pendle Cloughs (AL) : Saturday 10th May
3. Borrowdale (AL) : Saturday 2nd August
4. Lancashireman (BL) : End of Sept
5. Baked Potato Round : Anytime (www.kcac.co.uk/baked-potato-round)

XC

1. Northern XC
2. WYXC 1
3. WYXC 2
4. WYXC 3
5. WYXC 4
6. Yorkshire XC
7. Northern XC Relay Leg