

| January | | |
|---------|------|------------------------------|
| DAY | DATE | EVENT |
| Thu | 1st | |
| Fri | 2nd | |
| Sat | 3rd | |
| Sun | 4th | |
| Mon | 5th | |
| Tue | 6th | |
| Wed | 7th | |
| Thu | 8th | |
| Fri | 9th | |
| Sat | 10th | Mid Lancs XC Burnley |
| Sun | 11th | |
| Mon | 12th | |
| Tue | 13th | |
| Wed | 14th | |
| Thu | 15th | |
| Fri | 16th | |
| Sat | 17th | S. E. Lancs XC - Leigh |
| Sun | 18th | |
| Mon | 19th | |
| Tue | 20th | |
| Wed | 21st | |
| Thu | 22nd | |
| Fri | 23rd | |
| Sat | 24th | |
| Sun | 25th | |
| Mon | 26th | |
| Tue | 27th | |
| Wed | 28th | |
| Thu | 29th | |
| Fri | 30th | |
| Sat | 31st | S. E. Lancs XC - Heaton Park |

| February | | |
|----------|------|------------------------------|
| DAY | DATE | EVENT |
| Sun | 1st | Mickledon Straddle |
| Mon | 2nd | |
| Tue | 3rd | |
| Wed | 4th | |
| Thu | 5th | |
| Fri | 6th | |
| Sat | 7th | |
| Sun | 8th | |
| Mon | 9th | |
| Tue | 10th | |
| Wed | 11th | |
| Thu | 12th | |
| Fri | 13th | |
| Sat | 14th | Mid Lancs XC Blackpool |
| Sun | 15th | Central Lancs 5k - Bolton |
| Mon | 16th | |
| Tue | 17th | |
| Wed | 18th | |
| Thu | 19th | |
| Fri | 20th | |
| Sat | 21st | |
| Sun | 22nd | Lostock 6 |
| Mon | 23rd | Lostock 6 |
| Tue | 24th | |
| Wed | 25th | |
| Thu | 26th | |
| Fri | 27th | |
| Sat | 28th | S.E. Lancs XC - Boggart Hole |

| March | | |
|-------|------|---------------------------------------|
| DAY | DATE | EVENT |
| Sun | 1st | Trotters 5M - Central Lanc |
| Mon | 2nd | |
| Tue | 3rd | |
| Wed | 4th | |
| Thu | 5th | |
| Fri | 6th | |
| Sat | 7th | Mid Lancs XC Lancaster |
| Sun | 8th | Roddlesworth Roller/Doddle |
| Mon | 9th | |
| Tue | 10th | |
| Wed | 11th | |
| Thu | 12th | |
| Fri | 13th | |
| Sat | 14th | |
| Sun | 15th | Sweatshop 10M St Annes |
| Mon | 16th | |
| Tue | 17th | |
| Wed | 18th | |
| Thu | 19th | |
| Fri | 20th | |
| Sat | 21st | |
| Sun | 22nd | Garstang Gallop 7M |
| Mon | 23rd | |
| Tue | 24th | |
| Wed | 25th | |
| Thu | 26th | |
| Fri | 27th | |
| Sat | 28th | 12/6 Stage Road Relays? - Sefton Park |
| Sun | 29th | |
| Mon | 30th | |
| Tue | 31st | |

| April | | |
|-------|------|-------------------------------|
| DAY | DATE | EVENT |
| Wed | 1 | |
| Thu | 2 | |
| Fri | 3 | |
| Sat | 4 | |
| Sun | 5 | |
| Mon | 6 | |
| Tue | 7 | |
| Wed | 8 | Blackpool Cricket Club I/C |
| Thu | 9 | |
| Fri | 10 | |
| Sat | 11 | Blackpool Track & Field |
| Sun | 12 | Radcliffe 10k - Central Lancs |
| Mon | 13 | |
| Tue | 14 | |
| Wed | 15 | |
| Thu | 16 | |
| Fri | 17 | |
| Sat | 18 | |
| Sun | 19 | |
| Mon | 20 | |
| Tue | 21 | |
| Wed | 22 | |
| Thu | 23 | |
| Fri | 24 | |
| Sat | 25 | Wray Scarecrow 10K |
| Sun | 26 | |
| Mon | 27 | |
| Tue | 28 | Orchan Rocks |
| Wed | 29 | |
| Thu | 30 | |

| |
|------------------------|
| GRAND PRIX COUNTER KEY |
| XC |
| FELL |
| ROAD/TRAIL |
| TRIATHLON |

| May | | |
|-----|------|-------------------------------|
| DAY | DATE | EVENT |
| Fri | 1st | |
| Sat | 2nd | |
| Sun | 3rd | Barrow Track & Field |
| Mon | 4th | Horwich Triathlon |
| Tue | 5th | |
| Wed | 6th | ASTLEY PARK Chorley 4.4M |
| Thu | 7th | |
| Fri | 8th | |
| Sat | 9th | Utherland Track & Field |
| Sun | 10th | Calderdale Fell Relay |
| Mon | 11th | |
| Tue | 12th | |
| Wed | 13th | Haigh Hall 4M - Central Lancs |
| Thu | 14th | Lytham St Annes I/C |
| Fri | 15th | |
| Sat | 16th | |
| Sun | 17th | |
| Mon | 18th | |
| Tue | 19th | |
| Wed | 20th | |
| Thu | 21st | |
| Fri | 22nd | |
| Sat | 23rd | |
| Sun | 24th | |
| Mon | 25th | |
| Tue | 26th | |
| Wed | 27th | Harrook Hill |
| Thu | 28th | |
| Fri | 29th | |
| Sat | 30th | |
| Sun | 31st | |

| June | | |
|------|------|---------------------------------|
| DAY | DATE | EVENT |
| Mon | 1st | |
| Tue | 2nd | |
| Wed | 3rd | ASTLEY PARK Chorley 4.4M |
| Thu | 4th | |
| Fri | 5th | |
| Sat | 6th | Hynburn Track & Field |
| Sun | 7th | Zone 3 Derwent Epic Swim Series |
| Mon | 8th | |
| Tue | 9th | |
| Wed | 10th | Vernon Carus (Preston) I/C |
| Thu | 11th | Brown Wardle |
| Fri | 12th | |
| Sat | 13th | |
| Sun | 14th | |
| Mon | 15th | |
| Tue | 16th | |
| Wed | 17th | Horwich 5M Central Lancs |
| Thu | 18th | |
| Fri | 19th | |
| Sat | 20th | Great Hill Fell Race |
| Sun | 21st | |
| Mon | 22nd | |
| Tue | 23rd | |
| Wed | 24th | |
| Thu | 25th | Southport CC Time Trial |
| Fri | 26th | |
| Sat | 27th | |
| Sun | 28th | |
| Mon | 29th | |
| Tue | 30th | |

| July | | |
|------|------|---------------------------|
| DAY | DATE | EVENT |
| Wed | 1st | ASTLEY PARK Chorley 4.4M |
| Thu | 2nd | Tockholes Evening |
| Fri | 3rd | |
| Sat | 4th | Lancaster Track & Field |
| Sun | 5th | Trawden 7M |
| Mon | 6th | |
| Tue | 7th | 20 Barriers Race |
| Wed | 8th | |
| Thu | 9th | |
| Fri | 10th | |
| Sat | 11th | |
| Sun | 12th | Horwich Track & Field |
| Mon | 13th | Zone 3 Ulswater Epic Swim |
| Tue | 14th | |
| Wed | 15th | |
| Thu | 16th | |
| Fri | 17th | |
| Sat | 18th | |
| Sun | 19th | Kentmere Horseshoe |
| Mon | 20th | BNFL Salwick (Wesham) I/C |
| Tue | 21st | |
| Wed | 22nd | |
| Thu | 23rd | Southport CC Time Trial |
| Fri | 24th | |
| Sat | 25th | |
| Sun | 26th | |
| Mon | 27th | |
| Tue | 28th | |
| Wed | 29th | |
| Thu | 30th | |
| Fri | 31st | |

| August | | |
|--------|------|-----------------------------------|
| DAY | DATE | EVENT |
| Sat | 1st | Barrowdale Fell |
| Sun | 2nd | Hynburn Track & Field |
| Mon | 3rd | |
| Tue | 4th | |
| Wed | 5th | ASTLEY PARK Chorley 4.4M C/Lancs |
| Thu | 6th | |
| Fri | 7th | |
| Sat | 8th | Oldham Track & Field |
| Sun | 9th | |
| Mon | 10th | |
| Tue | 11th | |
| Wed | 12th | Astley Park (Chorley) I/C |
| Thu | 13th | |
| Fri | 14th | |
| Sat | 15th | Darwen Gala |
| Sun | 16th | Zone 3 Epic Coniston Swim |
| Mon | 17th | |
| Tue | 18th | |
| Wed | 19th | |
| Thu | 20th | |
| Fri | 21st | |
| Sat | 22nd | Pendle 3 Peaks |
| Sun | 23rd | |
| Mon | 24th | |
| Tue | 25th | |
| Wed | 26th | |
| Thu | 27th | |
| Fri | 28th | |
| Sat | 29th | Wigan Track & Field |
| Sun | 30th | Pennington Flash 5M Trail C/Lancs |
| Mon | 31st | |

| |
|------------------------|
| GRAND PRIX COUNTER KEY |
| XC |
| FELL |
| ROAD |
| TRIATHLON |

| September | | |
|-----------|------|------------------------------------|
| DAY | DATE | EVENT |
| Tue | 1st | |
| Wed | 2nd | Worden Park (Leyland Red Rose) I/C |
| Thu | 3rd | |
| Fri | 4th | |
| Sat | 5th | |
| Sun | 6th | |
| Mon | 7th | |
| Tue | 8th | |
| Wed | 9th | |
| Thu | 10th | |
| Fri | 11th | |
| Sat | 12th | |
| Sun | 13th | Blackleach 5M Trail C/Lancs |
| Mon | 14th | |
| Tue | 15th | |
| Wed | 16th | |
| Thu | 17th | |
| Fri | 18th | |
| Sat | 19th | Three Shires |
| Sun | 20th | |
| Mon | 21st | |
| Tue | 22nd | |
| Wed | 23rd | |
| Thu | 24th | |
| Fri | 25th | |
| Sat | 26th | |
| Sun | 27th | Swinton 10M Central Lancs |
| Mon | 28th | |
| Tue | 29th | |
| Wed | 30th | |

| October | | |
|---------|------|---|
| DAY | DATE | EVENT |
| Thu | 1st | |
| Fri | 2nd | |
| Sat | 3rd | Rivington Trail 1/2 Marathon |
| Sun | 4th | Oulton Park Autumn Duathlon (standard distance) |
| Mon | 5th | |
| Tue | 6th | |
| Wed | 7th | |
| Thu | 8th | |
| Fri | 9th | |
| Sat | 10th | |
| Sun | 11th | Gin Pit 5M Central Lancs |
| Mon | 12th | |
| Tue | 13th | |
| Wed | 14th | |
| Thu | 15th | |
| Fri | 16th | |
| Sat | 17th | |
| Sun | 18th | |
| Mon | 19th | |
| Tue | 20th | |
| Wed | 21st | |
| Thu | 22nd | |
| Fri | 23rd | |
| Sat | 24th | |
| Sun | 25th | |
| Mon | 26th | |
| Tue | 27th | |
| Wed | 28th | |
| Thu | 29th | |
| Fri | 30th | |
| Sat | 31st | |

| November | | |
|----------|------|-------------------|
| DAY | DATE | EVENT |
| Sun | 1st | Thru the Villages |
| Mon | 2nd | Thru the Villages |
| Tue | 3rd | |
| Wed | 4th | |
| Thu | 5th | |
| Fri | 6th | |
| Sat | 7th | |
| Sun | 8th | |
| Mon | 9th | |
| Tue | 10th | |
| Wed | 11th | |
| Thu | 12th | |
| Fri | 13th | |
| Sat | 14th | Tour of Pendle |
| Sun | 15th | |
| Mon | 16th | |
| Tue | 17th | |
| Wed | 18th | |
| Thu | 19th | |
| Fri | 20th | |
| Sat | 21st | Penmaenmawr |
| Sun | 22nd | |
| Mon | 23rd | |
| Tue | 24th | |
| Wed | 25th | |
| Thu | 26th | |
| Fri | 27th | |
| Sat | 28th | |
| Sun | 29th | |
| Mon | 30th | |

| December | | |
|----------|------|-------|
| DAY | DATE | EVENT |
| Tue | 1st | |
| Wed | 2nd | |
| Thu | 3rd | |
| Fri | 4th | |
| Sat | 5th | |
| Sun | 6th | |
| Mon | 7th | |
| Tue | 8th | |
| Wed | 9th | |
| Thu | 10th | |
| Fri | 11th | |
| Sat | 12th | |
| Sun | 13th | |
| Mon | 14th | |
| Tue | 15th | |
| Wed | 16th | |
| Thu | 17th | |
| Fri | 18th | |
| Sat | 19th | |
| Sun | 20th | |
| Mon | 21st | |
| Tue | 22nd | |
| Wed | 23rd | |
| Thu | 24th | |
| Fri | 25th | |
| Sat | 26th | |
| Sun | 27th | |
| Mon | 28th | |
| Tue | 29th | |
| Wed | 30th | |
| Thu | 31st | |

| |
|------------------------|
| GRAND PRIX COUNTER KEY |
| XC |
| FELL |
| ROAD |
| TRIATHLON |