

Manx Harriers walking dates for your calendar.

Up & Running Winter League round 4	Ronaldsway Industrial Estate	12 th January	9.30 am * note earlier start time
Up & Running Winter League round 5	National Sports Centre roadway	2 nd February	9.30 am * note earlier start time
Murray Lambden Open meeting (inc Nihill junior international) & 10km run Northern Area 20km walking champs	National Sports Centre roadway	22 nd February	10.00 am start
Up & Running Winter League final round 6 (inc 10km road and YAG champs)	National Sports Centre roadway	15 th March	9.30 am * note earlier start time.
IOMAA – Track 10,000m track champs (walk & run)	National Sports Centre Track (restricted to registered athletes only)	27 th April (Monday evening)	T.B.C.
Manx Harriers 5km + junior distances	T.T. Access Road	14 th May (Thursday evening)	6.30pm start time.
Manx Telecom Parish Walk	85 miles (N.S.C. track)	20 th – 21 st June	8.00am start
Summer 10km walk + junior distances	National Sports Centre roadway.	16 th July (Thursday evening)	6.30pm start time.
Isle of Man 20km walk championships	National Sports Centre roadway	6 th September	9.30am start
One hour challenge walk	National Sports Centre roadway	27 th September	9.30am start
Winter walking League (1)	National Sports Centre roadway	25 th October	9.30am start
Winter Walking League (2)	Andreas Village	29 th November	9.30am start
Winter Walking League (3)	Ramsey	13 th December	9.30am start