

ROAD RACES 2019		
MARCH	Short	Wed 27/03 ANDY O'SULLIVAN Colin & Brenda Cowm "Rochdale Harriers" Race Series
APRIL	Short	Wed 03/04 ANDY O'SULLIVAN Joe Salt Cowm "Rochdale Harriers" Race Series
	Medium	Good Friday 19/04 Salford 10k
MAY	Short	Sun 05/05 ANDY O'SULLIVAN John Purdy Cowm "Rochdale Harriers" Race Series
JUNE	Long	Sat 15/06 Freckleton Half Marathon
JULY	Medium	Wed 10/07 Royton Trail Race 5.5 miles
	Short	Dates TBC Sale Sizzler 5k Series
AUGUST	Long	Sun 04/08 Lancaster Riverside 10 miler
	Short	Dates TBC Sale Sizzler 5k Series
	Short	Tue 27/08 Littleborough Lions 5k