Rochdale Harriers & A.C.
Juniors' Running Championships, 2026

Fixtures (minimum of 3 to qualify and best 3 results from 1. to 5. count):

1. Sunday 8th March LABC 5K, Littleborough (Book ASAP as may fill soon!)
2. Saturdays April & May – Centre Vale Parkrun
3. Saturdays June and July - Oldham Parkrun
4. Tuesday 11th August – RHAC Track 3,000m
5. Saturday in October - 1st Cross Country Race of the Season

*** Please update your Parkrun profile to show you are a member of Rochdale Harriers. Otherwise we might not find your results amongst the hundreds of finishers each week***

Here are the full rules, including the requirements to:
(a) be a fully paid-up member on race day (else result doesn't count); and
(b) wear a RHAC racing top at races 1., 4., and 5.

Interim results tables will be provided throughout the season by Nick Barton. Please send any results queries to Nick.