

Date	May 2	May 4	May 9	May 11	May 16	May 18	May 23	May 25	May 30	Jun 1
Day	Tue	Thur	Tue	Thur	Tue	Thur	Tue	Thur	Tue	Thur
Route	Intervals/ C	D	Intervals/ A	B/ HDSRL	C	D	A/ HDSRL	B	Intervals/ A	B

Date	Jun 6	Jun 8	Jun 11	Jun 13	Jun 15	Jun 20	Jun 21	Jun 22	Jun 25	Jun 27
Day	Tue	Thur	Sun	Tue	Thur	Tue	Wed	Thur	Sun	Tue
Route	C	D HDSRL	BMW Relay	Intervals/ A	B	Intervals/ C	HDSRL	D	Trawden Trail Race	Intervals/ A

Date	Jun 29	July 4	July 6	July 11	July 13	July 18	July 20	July 25	July 27
Day	Thur	Tue	Thur	Tue	Thur	Tue	Thur	Tue	Thur
Route	B	Intervals/ C	D	Intervals/ A	B	Intervals/ C Golden Acre Relay	D HDSRL	Intervals/ A	B

Date	Aug 1	Aug 3	Aug 8	Aug 10	Aug 15	Aug 17	Aug 22	Aug 24	Aug 27	Aug 29
Day	Tue	Thur	Tue	Thur	Tue	Thur	Tue	Thur	Sun	Tue
Route	Intervals/ D	A	Intervals/ B	C	Intervals/ D	A	Intervals/ B	C	Halton Gill Fell Race	Intervals/ D

Date	Aug 31	Sep 5	Sep 7	Sep 12	Sep 14	Sep 19	Sep 21	Sep 26	Sep 28
Day	Thur	Tue	Thur	Tue	Thur	Tue	Thur	Tue	Thur
Route	A	Intervals/ B	C	Intervals/ D	A	Intervals/ B	C	Intervals/ D	A