



Menai Track & Field Calendar 2024

Date	Competition	Venue	Age Groups	Team / Individual
20 th January	Regional Indoor Championships	Deeside	All	Individual
20 th January	NW Cross Country Race 4 Junior & Senior	Dolgellau	All ages	Team Menai
27 th & 28 th January	Welsh Indoor Senior & U15 Championships	Cardiff	Seniors and U15	Individual
3 rd & 4 th February	Welsh Indoor Junior Championships	Cardiff	U20, U17 & U13	Individual
10 th February	NW Cross Country Race 5 Senior	Oswestry	Seniors	Team Menai
11 th February	NW Cross Country Race 5 Junior	Oswestry	Juniors	Team Menai
17 th February	Welsh Cross Country Championships	Brecon	All ages	Individual
25 th February	Inter Area Indoor Masters	Lea Valley	Over 35+	Team Wales
9 th March	UK Cross Country championships	Loughborough		Individual
20 th April	Lower YDL	Leigh	U13 & U15	Team Menai
28 th April	Upper YDL	Blackburn	U17 & U20	North Wales Team
11 th May	North Wales Regional Championships	Wrexham	All ages	Individual
18 th May	Senior League	Deeside	2 nd Year U17 to Masters	Team Menai
19 th May	Lower YDL	Macclesfield	U13 & U15	Team Menai
24 th May	Endurance Evening	Deeside	All ages	Individual
26 th May	Upper YDL	Wavertree, Liverpool	U17 & U20	North Wales Team
29 th May	Sprints Evening	Treborth	All ages	Individual



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27 th & 28 th January	Welsh Indoor Senior & U15 Championships	Cardiff	Seniors and U15	Individual
8 th June	Inter Regionals	Wrexham	U17 & U20	North Wales Team
15 th June	Senior League	Macclesfield	2 nd Year U17 to Masters	Team Menai
15 th & 16 th June	Welsh Senior & U15 Championships	Cardiff	Seniors and U15	Individual
23 rd June	Lower YDL	Woodbank Stadium	U13 & U15	Team Menai
30 th June	Upper YDL	Bebbington	U17 & U20	North Wales Team
14 th July	Senior League	Sports City, Manchester	2 nd Year U17 to Masters	Team Menai
21 st July	Lower YDL	Salford	U13 & U15	Team Menai
10 th & 11 th August	Welsh Junior Championships	Swansea	U20, U17 & U13	Individual
17 th August	Senior League	Salford	2 nd Year U17 to Masters	Team Menai
8 th or 15 th September (Prov)	Menai Open	Treborth	All ages	Individual

- **THERE ARE PLENTY OF OTHER EVENT SPECIFIC COMPETITIONS AVAILABLE ACROSS THE UK. PLEASE SEE THE INDIVIDUAL TRACK SYSTEM AND POWER OF 10 FIXTURE LIST FOR A FULL LIST.**