

All event dates are tentative.

Local Road & Cross Country Fixtures

2023 Date	Event, City	Series
January 8	Pioneer 8k, Saanich	BCSS, VIRA
January 15	Icebreaker 8k, Richmond	BCSS, LMRRS
January 22	Cobble Hill 10k, Cobble Hill	VIRA
February 12	Starting Block 10k, Lavington First Half Marathon, Vancouver Cedar 12k, Cedar	IRA BCSS VIRA
February 26	Sooke 10k, Sooke	VIRA
March 11	St. Patrick's Day 5k, Vancouver	BCSS, LMRRS
March 12	Spring Runoff 10k, Kamloops Hatley Castle 8k, Colwood	IRA VIRA
March 19	Comox Valley Half Marathon, Courtenay	VIRA
April 2	Port Alberni 10k, Port Alberni	VIRA
April 9	Oliver 10k, Oliver	IRA
April 16	Vancouver Sun Run, Vancouver	BCSS
April 23	Bazan Bay 5k, Sidney	VIRA
April 30	TC10k, Victoria	BCSS
May 7	BMO Vancouver Marathon Blossom 10 Miler (distance may change), Naramata	BCSS IRA
May 28	Blackwell Dairy 15k, Kamloops	IRA
June 16	Longest Day 5k, Vancouver	BCSS, LMRRS
June 18	Conquer the Lake Half Marathon, Lake Country	IRA
June 25	Vancouver Half Marathon, Vancouver	BCSS, LMRRS
July 9	Midsummer 8k, Kelowna	IRA
July 15	VFAC Summerfast 10k, Vancouver	BCSS, LMRRS
August 6	Squamish Days 8k, Squamish	LMRRS
September 3	Fast Days of Summer 5000, Kelowna	IRA
September 16	Under Armour Eastside 10k, Vancouver	BCSS, LMRRS
September 24	Vancouver Spirit Run, Vancouver Campbell Mountain XC, Penticton	LMXC IRA XC
September 30	Festival of XC, Surrey	LMXC
October 1	Summerland Sweets XC, Summerland	IRA XC
October 8	Royal Victoria Marathon, Victoria	BCSS
October 9	Granville Island Turkey Trot, Vancouver	LMRRS
October 14	Frank Reynolds XC, North Vancouver Whistler 50, Whistler	LMXC
October 15	Reino Run, Salmon Arm	IRA XC
October 21	BCA Cross Country Championships	LMXC
October 28	CanWest XC Championships (unconfirmed) Great Trek UBC, Vancouver	
October 29	James Cunningham Seawall 10k, Vancouver Kal Park 9k, Coldstream	LMRRS IRA XC

Continued.

Date	Event, City	Series
November 4	BC School Sports XC Championship (unconfirmed)	
November 5	Larry Nicholas XC, Kelowna	IRA XC
November 11	USports XC Championships (unconfirmed)	
November 12	Fraser Valley Ramble XC, Abbotsford	LMXC
November 25	AC Cross Country Championships, Abbotsford	
December 2	Gunner Shaw XC, Vancouver	LMXC

National & International

Event	2022 (remaining)	2023
World Half Marathon Championships (even years)	Nov 13 (Yangzhou, China)	
World Road Running Championships		Sept 30 - Oct 1 (Riga, Latvia)
World Cross Country Championship		Feb 18 (Bathurst, Australia)
World Race Walking Championships (even years)		
Pan Am Games		Oct 20 – Nov 5 (Chile)
Pan Am U20		July 21-23 (TBC)
Pan Am Race Walking Cup		May 13-14 (TBC)
Pan Am XC (possibly also NACAC)		2024 Feb 24
NACAC Half Marathon Championships		March 26 (Cuba)
NACAC U18		June 23-25 (TBC)
NACAC U23		June 23-25
NACAC Cross Country	Dec 10 (La Ceiba, Honduras)	
National Track & Field (Langley)		July 29-30
National 5k Champs (Moncton 5k)	September 11	TBD
National 10k Champs (Ottawa Marathon)		May 28
National Half Marathon Champs (TBC)		TBC
National Marathon Champs (Toronto Waterfront)	October 16	October 15
National Cross Country Championships	Nov 26 (Ottawa)	Nov 25 (Abbotsford)