

SEPTEMBER		
3	Farrington Relays	Sunderland
4	Middlesbrough 10k	Middlesbrough 10k
11	Great North Run	Newcastle to South Shields
17	South Park 20	Darlington
18	Prudhoe Miners Race	Prudhoe
	Sedgefield Serpentine	Sedgefield
	Matfen 10k	Matfen
24	NEHL	Wrekenton
25	NA 4/6 Stage	Manchester
	Hexham 10k	Hexham
OCTOBER		
1	Kielder 10k	Kielder
2	Kielder Half Marathon/ Marathon	Kielder
	Redcar Half Marathon/Festival of Running	Redcar
4	ESAA XC Cup Northumberland	Gateshead
7	Great North Run 5k	Newcastle Quayside
8	Junior Great North Run	Newcastle Quayside
	ERRA 4/6 Stage	Sutton Park
9	NEHL	Druridge Bay
9	NYSD	Acklam
	Richmond Castle 10k	Richmond
15	NECAA Cross Country Relays	Thornley Hall
	England Masters XC Trial	Derby
	UKA Cross Challenge	Cardiff
16	Pedro's 10k	Stanley
22	Northern Athletics XC Relays	Sheffield
	UKA Cross Challenge	Belfast
23	Bamburgh Castle Half Marathon	Bamburgh
29	NEHL	Lambton
	BMAF Cross Country Relays	Longeaton
NOVEMBER		
5	ECCA XC Relays	Mansfield
6	Town Moor Marathon	Newcastle Town Moor
	Norman Woodcock Relays	Gosforth Park
12	Masters XC International	Dublin
	ESAA XC Cup Regional Final	Middlesbrough
13	Heaton Memorial 10k	Town Moor
13	NYSD Fox Rush	New Marske
20	Brampton to Carlisle	Brampton
26	NEHL	Akley Heads
	GB XC Trial	Liverpool
27	Northumberland Big 10	Matfen
DECEMBER		
3	Croft 5k	Darlington
4	Blyth Sands Race	Blyth
4	NYSD	Summerhill
10	NECAA XC Championships	Temple Park, South Shields
11	Fell em Doon 5k	Ashington

	Christmas Pudding 3k/6k	Redcar
17	Saltwell 10k	Saltwell
18	Loftus Poultry Run	Loftus
26	Woodlawn Pudding Run	Whitley Bay
JANUARY		
7	Sherman Cup/Davison Shield	South Shields
	Old Monks trail race	Hartlepool
14	DSAA XC Championships	
	UKA Cross Challenge	Perth
15	Birtley XC Relays	Birtley
15	NYSD	Ormsby Hall
17	NSAA XC Championships	South Shields
28	Northern Athletics XC Championships	
FEBRUARY		
4	NEMAA XC Championships	
	Schools Inter Counties	Durham
5	NYSD	Richmond
11	NEHL	Thornley Hall
18	NECAA Royal Signals Relays	Hetton le Hole
25	ECCA Cross Country Championships	Bolesworth Castle
MARCH		
4	NEHL	Alnwick
5	NYSD	Whitby
11	Inter Counties	Prestwold Hall
12	Birtley Young Athletes XC Relays	Birtley
18	ESAA XC Championships	Woolaton Park, Notts.
	BMAF XC Championships	Wallsend
19	Harry Gamble-Thompson 20 Ten	Redcar
26	NYSD Relays	Darlington
APRIL		
1	Northern Athletics 6/12 Stage	Redcar
2	Port of Blyth 10k	Blyth
7	Elswick Relays	
9	North Tyneside 10k	Whitley Bay
15	ERRA 4/6 Stage	Sutton Park
23	Terry O`Gara 5k	Cobalt
	Sand Dancer 10k	South Shields
26	New Marske H Spring Coast Rd 5k	Redcar