

AUG

| | | |
|----------------|--|-------------------|
| Fri 2 | Darlington Mile Night | |
| Sun 4 | Gosforth Road Relays | Newcastle |
| Sun 4 | Ray Harrison Memorial Billingham 10k | |
| Tues 6 | Morpeth 10k (North East Champs) provisional | |
| Wed 7 | North East Grand Prix 6 | Gateshead |
| Sat 10 | Northern League Match 4 | Various |
| Sat 10/11 | BMAF T&F Championships | Birmingham |
| Sun 11 | Darlington 10k | |
| Wed 14 | Run Northumberland Nunnykirk 10k | |
| Wed 14 | Gateshead Harriers Quayside 5k | |
| Sat 17 | Run Dalton Park 10k, 5k MT | |
| Sat 17/18 | Northern Athletics U17, U15, U13 Champs | Liverpool |
| Sun 18 | Tynedale 10m (North East Champs) | Hexham |
| Sun 18 | Transplant Games Mini Mara (3k women,5k men) | Saltwell |
| Thur/Fri 22/23 | World Transplant Games | Gateshead |
| Sat 24/25 | British Athletics T&F Championships | Alexander Stadium |
| Mon 26 | Tartan Games | Gateshead |
| Thur 29 | North Yorks Moor Tom Wall Relays | Middlesbrough |
| Thur 29 | Low Fell Watergate 5k | Gateshead |

SEPT

| | | |
|--------|---|-------------------------|
| Sun 1 | Inter League NEYDL v Yorkshire | Cudworth |
| Sun 1 | Middlesbrough 10k | |
| Wed 4 | New Marske Road Race Series Autumn Coast 5k | Redcar |
| Sat 7 | Great North City Games | Stockton |
| Sat 7 | Great Tees 10k | Stockton |
| Sun 8 | Great North Run | |
| Sat 14 | Sunderland Harriers Open Cross Country | Farringdon |
| Sun 15 | Sedgefield Serpentine 6.5m MT | Sedgefield Cricket Club |
| Sat 21 | NECAA/Masters Open Pentathlon (5k/BMAF/10k) | Monkton |
| Sun 22 | Relays and Throws meeting | Hexham |
| Sun 22 | Northern 6-stage and Women's 4 stage RR | Manchester |
| Sun 22 | Hellhole MT 10k | |
| Sun 22 | Matten 10k | |
| Mon 23 | NEGP and Throws Fest awards night | Gateshead Stadium |
| Sun 29 | Redcar Half Marathon NECAA Champ (inc running fest) | |

These events and dates were believed to be correct at time of printing

Use only as a guide. Should be confirmed by prospectus.

Athletes are asked to support local club events

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START

FITNESS

THE RUNNING SPECIALIST

North East Counties AA

SUMMER

FIXTURE LIST 2019

APRIL

| | | |
|---------|---|-------------------|
| Sat 6 | ERRA National 12 & 6 Stage Road Relays | Sutton Coldfield |
| Sun 7 | Forestry 100 Running series | Hamsterley Forest |
| Sun 7 | Kieran Maxwell Memorial Track and Field Open | Middlesbrough |
| Sun 7 | Port of Blyth British Masters 10k championship | |
| Wed 10 | New Marske Road Race Series Spring Coast 5k | |
| Sat 13 | Run Northumberland Cragside 10K | Cragside |
| Sun 14 | Hartlepool Marina 5 mile | Hartlepool |
| Sun 14 | Sand Dancer 10k MT | South Shields |
| Sun 14 | Gateshead Minors (morning) Gateshead medal meeting | Gateshead |
| Tues 16 | N Yorkshire & S Durham Athletics League | Middlesbrough |
| Wed 17 | New Marske Road Race Series Spring Coast 10k | |
| Fri 19 | Elswick Road Relays & Young Athletes race | |
| Sun 21 | North Tyneside 10k | |
| Tues 23 | N Yorkshire & S Durham Athletics League | Middlesbrough |
| Wed 24 | Neptune Relays | Sedgefield |
| Wed 24 | North East Grand Prix1 (inc 10k NE & Northern champs) | Monkton |
| Sat 27 | Run Durham Hamsterley 10k | |
| Sun 28 | London Marathon | |
| Sun 28 | Wallsend Terry O'Gara Memorial 5k | |
| Sun 28 | NEYDL Div 1 Midd SV, D2N Whitley Bay, D2S Monkton | |

MAY

| | | |
|---------|---|---------------|
| Wed 1 | NEMMA Road Relays | Jarrow |
| Sat 4-6 | BUCS Championships | Bedford |
| Sun 5 | Keswick Half Marathon | |
| Wed 8 | Redcar Locke Park Pie and Peas 5m | |
| Wed 8 | Wallsend Harriers Gordon Smith Relays | Wallsend |
| Fri 10 | Gateshead Minors | |
| Sat 11 | Sunderland City 5k | |
| Sat 11 | North Eastern Counties Track & Field Champs | Middlesbrough |
| Sun 12 | North Eastern Counties Track & Field Champs | Middlesbrough |
| Sun 12 | Sunderland City Half Marathon & 10k | Sunderland |
| Sun 12 | Raby Castle 10k MT | |
| Tues 14 | N Yorkshire & S Durham Athletics League | Middlesbrough |

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| Tues 23 | N Yorkshire & S Durham Athletics League | Middlesbrough |
| Wed 24 | Neptune Relays | Sedgefield |
| Wed 24 | North East Grand Prix1 (inc 10k NE & Northern champs) | Monkton |
| Sat 27 | Run Durham Hamsterley 10k | |
| Sun 28 | London Marathon | |
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| Sun 28 | NEYDL Div 1 Midd SV, D2N Whitley Bay, D2S Monkton | |

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| Sat 4-6 | BUCS Championships | Bedford |
| Sun 5 | Keswick Half Marathon | |
| Wed 8 | Redcar Locke Park Pie and Peas 5m | |
| Wed 8 | Wallsend Harriers Gordon Smith Relays | Wallsend |
| Fri 10 | Gateshead Minors | |
| Sat 11 | Sunderland City 5k | |
| Sat/Sun 11/12 | North Eastern Counties Track & Field Champs | Middlesbrough |
| Sun 12 | Sunderland City Half Marathon & 10k | Sunderland |
| Sun 12 | Raby Castle 10k MT | |
| Tues 14 | N Yorkshire & S Durham Athletics League | Middlesbrough |

MAY – Cont

| | | |
|---------|--|------------------------|
| Tues 14 | Les Allcorn 10k | Alnwick |
| Wed 15 | NSP Clive Cookson 10k | |
| Thur 16 | Ability 5k | Silksworth, Sunderland |
| Sat 18 | British Masters Road Relays Champs | Sutton Coldfield |
| Sat 18 | NEYDL Div 1 Hexham, D2N Monkton, D2S Midd SV | |
| Sun 19 | Pier-to-Pier Race (MT) | South Shields to Roker |
| Sun 19 | Windermere Marathon | |
| Sun 19 | Northern League Match 1 | Various |
| Mon 20 | North East Masters League | Monkton |
| Mon 20 | British Milers Club (800m) | Chester-le-Street |
| Wed 22 | North East Grand Prix 2 | Monkton |
| Wed 22 | George Ogle Memorial Race (MT) | Swalwell |
| Wed 29 | Run Northumberland Vindolanda 10k | |
| Fri 31 | Northumberland Pride LGBT 5k | |

JUNE

| | | |
|---------|--|---------------------|
| Sat 1/2 | Northern Athletics Senior & U/20 T&F Champs Manchester | |
| Sun 2 | Run Northumberland Bamburgh 10k | |
| Mon 3 | British Milers Club 1500m | Chester-le-Street |
| Mon 3 | North East Masters League | Monkton |
| Wed 5 | Sunderland Harriers Penshaw Hill Race | |
| Wed 5 | Dalton Park 5m | |
| Thur 6 | North Yorks Moors AC Relays | Middlesbrough |
| Sat 8 | County Schools Champs | Various |
| Sun 9 | New Marske RR Series 10k | Redcar |
| Sun 9 | Blaydon Race | Newcastle - Blaydon |
| Mon 10 | North East Masters League | Monkton |
| Tues 11 | N Yorkshire & S Durham Athletics League | Middlesbrough |
| Wed 12 | Newburn River Run | Newburn |
| Fri 14 | Gateshead Minors | |
| Sat 15 | Inter County Schools match | Gateshead |
| Sun 16 | Northern League match 2 | Various |
| Sun 16 | Newton Aycliffe 10k | |
| Mon 17 | British Milers Club 800m | Chester-le-Street |
| Wed 19 | Sunshine 5k Run | Newcastle/Gateshead |
| Wed 19 | Claremont Weetslade MT Relay | Wideopen |
| Sat 22 | North East Masters Track and Field Champs | Monkton |
| Sat 22 | Northumberland Schools Minor Champs | Gateshead |
| Sun 23 | NEYDL Div 1 Midd SV, D2N Hexham, D2S Monkton | |

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| Sun 19 | Pier-to-Pier Race (MT) | South Shields to Roker |
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| Sun 19 | Northern League Match 1 | Various |
| Mon 20 | North East Masters League | Monkton |
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| Sat 8 | County Schools Champs | Various |
| Sun 9 | New Marske RR Series 10k | Redcar |
| Sun 9 | Blaydon Race | Newcastle - Blaydon |
| Mon 10 | North East Masters League | Monkton |
| Tues 11 | N Yorkshire & S Durham Athletics League | Middlesbrough |
| Wed 12 | Newburn River Run | Newburn |
| Fri 14 | Gateshead Minors | |
| Sat 15 | Inter County Schools match | Gateshead |
| Sun 16 | Northern League match 2 | Various |
| Sun 16 | Newton Aycliffe 10k | |
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| Sat 22 | Northumberland Schools Minor Champs | Gateshead |
| Sun 23 | NEYDL Div 1 Midd SV, D2N Hexham, D2S Monkton | |

JUNE - Cont Mon 24 Heaton Harriers Women's Only Run

| | | |
|---------|--|------------------------|
| Tues 25 | N Yorkshire & S Durham Athletics League | Darlington |
| Wed 26 | North East Grand Prix 3 | Monkton |
| Wed 26 | Run Northumberland Kirkley 10k | |
| Thur 27 | Castle Bank Challenge | Norham |
| Thur 27 | Low Fell Angel View Races (MT) | Gateshead |
| Sun 30 | Run Northumberland Coquet Half Marathon, 10k, 5k | |
| Sun 30 | Lambton Run 10k (MT) | Lambton Park, Burnmoor |
| Sun 30 | Middlesbrough Ali Brownlee Riverside 5k | |

JULY

| | | |
|-----------|---|----------------------|
| Mon 1 | North East Masters League | Monkton |
| Tues 2 | Bridges of the Tyne 5m (North East Champs) | Newcastle Quayside |
| Wed 3 | Tynedale 10k | Ovingham |
| Wed 3 | Darlington Harriers Pit Stop 10k | Croft |
| Wed 3 | Curfew Run 1.2m Walls Race | Berwick |
| Sat 6 | Chevy Chase Fell Race | Wooler |
| Sun 7 | Northern Inter Counties U17/15 | Middlesbrough |
| Sun 7 | Great North Gateshead 10k | Gateshead |
| Sun 7 | Washington Running Club Bottoms Up 5K (approx.) | |
| Tues 9 | N Yorkshire & S Durham Athletics League | Middlesbrough |
| Wed 10 | Run Northumberland Stamfordham 10k | |
| Wed 10 | North East Grand Prix 4 | Monkton |
| Thur 11 | Sunderland 5k (Northern & NE Champs) | Silksworth |
| Fri 12/13 | English Schools Champs | Birmingham |
| Sun 14 | Northern League Match 3 | Various |
| Sun 14 | Hexham Running Festival | |
| Mon 15 | North East Masters League | Monkton |
| Wed 17 | New Marske Road Race Series Summer Coast 5k | Redcar |
| Wed 17 | Run Northumberland Wallington 10k | |
| Fri 19 | Newcastle Front Runners 5k | Newcastle |
| Sat 20 | NEYDL Div 1 Morpeth, D2N Monkton, D2S Midd SV | |
| Sun 21 | Northumberland Coastal Run (MT) | Beadnell to Alnmouth |
| Sun 21 | Gateshead Minors | |
| Mon 22 | British Milers Club (800m) | Chester-le-Street |
| Tues 23 | Jarrow and Hebburn Cock Crow 5k | |
| Wed 24 | North East Grand Prix 5 | Monkton |
| Thur 25 | Durham City 5k / 10k | |
| Sat 27/28 | CAU and England Championships | Bedford |
| Mon 29 | North East Masters League | Monkton |

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