

*These events and dates were believed to be correct at the time of printing
Use only as a guide. Should be confirmed by prospectus.*

Athletes are asked to support local club events

APRIL

Sat 4	EA National 12&6 Stage Road Relays	Sutton Coldfield
Sun 5	Port of Blyth 10k	
Fri 10	New Marske Mermaid 10k	
Fri 10	Elswick Good Friday Road Relays	
Sun 12	North Tyneside 10k	
Sun 12	Gateshead Half Marathon	
Sun 19	Sand Dancer 10k MT	South Shields
Wed 22	Neptune Relays Sedgefield	
Sat 25	NEYDL	Hexham / Monkton / Middlesbrough
Sun 26	Wallsend Terry O'Gara Memorial 5k	
Sun 26	London Marathon	
Tues 28	New Marske Spring Coast 5k	
Wed 29	North East Grand Prix 1 (inc 10k NE & Northern champs)	Monkton

MAY

Sat 2	Northern League Match 1	
Sun 3	Keswick Half Marathon	
Mon 4	North East Masters League	Monkton
Wed 6	Redcar Locke Park Pie and Peas 5m	
Sat 8/10	BUCS Championships	Bedford
Sat 9	Raby Castle 10k MT	
Sat 9	Sunderland City 5k	
Sun 10	Sunderland City Half Marathon & 10k	
Tues 12	Les Allcorn 10k	Alnwick
Wed 13	Wallsend Harriers Gordon Smith Relays	
Fri 15	Blaydon 5000m	
Sat 16	BMAF Road Relays	Sutton Coldfield
Sun 17	NEYDL	Hexham/Monkton/Middlesbrough
Sun 17	Pier-to-Pier Race (MT)	South Shields to Roker
Sun 17	Windermere Marathon	
Mon 18	North East Masters League	Monkton
Wed 20	North East Grand Prix 2	Monkton
Thur 28	North Yorks Moors AC Relays	Middlesbrough

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MAY CONT

Fri 29 Northumberland Pride LGBT 5k & 10k Ashington
 Fri 29 Temple Park 5k
 Sat 30 North Eastern T&F Championships Day 1 Middlesbrough
 Sun 31 North Eastern T&F Championships Day 2 Middlesbrough

JUNE

Wed 3 Run Durham Dalton Park 5 miler
 Wed 3 Penshaw Hill race
 Sat 6/7 England U20/U23 Track & Field Champs Bedford
 Sun 7 Northern League 2
 Mon 8 North East Masters League Monkton
 Tues 9 Blaydon Race Newcastle - Blaydon
 Sun 14 Lambton 10k
 Sun 14 New Marske Series Road Race
 Sun 14 Run Northumberland Bamburgh 10k
 Wed 17 Elswick Harriers River Run Newburn
 Sat 20/21 British Championships Manchester
 Sat 20 North East Masters Track and Field Champs Monkton
 Sun 21 NEYDL Morpeth/TBC/Monkton
 Sun 21 Aycliffe 10k Aycliffe
 Mon 22 Anita Nott Women Only Run
 Wed 24 North East Grand Prix 3 Monkton
 Wed 24 Claremont Weetslade MT relay Wideopen
 Thur 25 Low Fell Angel View Races (MT)
 Sat/Sun 27/28 Northern Athletics Senior and U20 Champs
 Sun 28 The Great North 10k
 Mon 29 North East Masters League Monkton

JULY

Wed 1 Pitstop 10k Croft Circuit Darlington
 Wed 1 Tynedale 10k
 Sat 4 ESAA Track & Field Cup Final
 Fri/Sat 10/11 ESAA Track & Field Champs
 Sun 5 U15/17 Inter Counties Pentathlon York
 Sun 5 Washington Bottoms Up Cup 5k approx.
 Mon 6 North East Masters League Monkton
 Tues 7 Bridges of the Tyne 5m (NE Champs) Newcastle Quayside
 Wed 8 Berwick Wall's Curfew Run
 Sun 12 Northern League Match 3

MAY CONT

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JULY CONT

Wed 15 New Marske Coast 5k Series
 Wed 15 North East Grand Prix 4 Monkton
 Thur 16 Events of the North Durham City 10k and 5k
 Fri 17 LGBT 5k Exhibition Park Newcastle
 Sat 18 NEYDL Middlesbrough/Hexham/Monkton
 Sat 18/19 England Senior T&F Championships Bedford
 Sun 19 Alnwick Harriers Northumberland Coastal Run
 Mon 20/Aug 1 World Masters Championships Toronto
 Tues 21 Cock Crow 5k Hebburn
 Wed 22 North East Grand Prix 5 Monkton
 Thur 23 Sunderland 5k North East & Northern Champs
 Mon 27 North East Masters League Monkton
 Sun 31-Aug 9 Olympic Games Tokyo

AUG

Sat 1 Northern League Match 4
 Sun 2 Ray Harrison Memorial 10k
 Tues 4 Morpeth 10k
 Wed 5 North East Grand Prix 6 Gateshead
 Sun 9 Darlington 10k
 Wed 12 Gateshead Quayside 5k
 Sat 15/16 Northern U17/U15/U13 Track & Field Champs Hull
 Sun 16 Tynedale Jelly Tea 10m
 Sun 16 Diamond League Gateshead
 Sat 22/23 British Masters Track & Field Championships Bedford
 Thur 27 Low Fell Watergate 5k (inc. NEMAA Champs) Gateshead
 Sat 29/30 England Athletics U15/U17 Track and Field Champs Bedford

SEPT

Wed 2 New Marske Coast 5k
 Sun 6 NEYDL (Inter League Fixture)
 Sun 6 Asda Foundation Middlesbrough 10k
 Fri 11 Great North 5k
 Sun 13 Great North Run
 Sun 13 or 20 Northern Autumn Relays Sport City Manchester
 Sat 19 Sunderland Harriers Open Cross Country Farringdon
 Sun 20 Sedgfield Serpentine 6.5m MT Sedgfield Cricket Club
 Sun 27 Redcar Running Festival Half Marathon (North East Champs)

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