

**AUG**

Sat 4	Northern League Match 4	Various
Tues 7	Morpeth 10k	
Tues 7/12	European Championships	Berlin
Wed 8	North East Grand Prix 6	Gateshead
Sat 11/12	Northern Athletics U17, U15, U13 Champs	Liverpool
Sun 12	Gateshead Minors	
Sun 12	Darlington 10k	Darlington
Sun 12	Gosforth Road Relays	Newcastle
Wed 15	Run Northumberland Nunnykirk 10k	
Thur 16	Durham City Harriers Cross Country Relays	
Sun 19	Ray Harrison Billingham 10k	
Wed 22	Gateshead Harriers Quayside 5k	
Sat 25/26	BMAF T&F Champs	Alexander Stadium, Birmingham
Sun 26	Tynedale 10m	Hexham
Sun 26	Tartan Games	Gateshead
Thur 30	Low Fell Watergate 5k	Gateshead

**SEPT**

Sat 1	Sunderland Harriers Open Cross Country	Farrington
Wed 5	NECCA Relays	Monkton
Wed 5	New Marske RR Series Autumn Coast 5k	Redcar
Sat 8	Great North City Games	Gateshead
Sat 8	Great Tees 10k	Stockton
Sun 9	Great North Run	
Sat 15	Northern 6-stage & Women's 4-stage road relay	Sport City
Sun 16	Sedgefield Serpentine 6.5m MT	Sedgefield Cricket Club
Sat 22	NECAA/Masters Open Pentathlon & (5k/10k)	Monkton
Sun 23	Hellhole MT 10k	
Sun 23	Haltwhistle Half Marathon	
Sun 30	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.*

**APRIL**

Sun 1	North Tyneside 10K	
Sun 8	Darlington Open Track and Field	Darlington
Sun 8	Port of Blyth 10K	Whitley Bay
Sun 8	Commonwealth Games	Gold Coast
Sat 14	ERRA National 12-Stage and 6-Stage Road Relays	Sutton Coldfield
Sat 14	Run Nation Cragside 10K	Cragside
Sun 15	Hartlepool Marina 5 mile	Hartlepool
Sun 15	Gateshead Minors (morning) Gateshead medal meeting	Gateshead
Sun 15	Commonwealth Games Closing Ceremony	Gold Coast
Sun 15	Gateshead Open Medal meeting	Gateshead
Tues 17	N Yorkshire & S Durham Athletics League	Darlington
Wed 18	North East Grand Prix 1 (inc 10k NE champs)	Monkton
Sat 21	Run Durham Hamsterley 10k	Hamsterley
Sun 22	Open Relays and Throws Fest	Whitley Bay
Sun 22	London Marathon	London
Sun 22	Wallsend Terry O'Gara Memorial 5k	Wallsend
Wed 25	Neptune Relays	Sedgfield
Wed 25	New Marske Road Race Series Spring Coast 5k	Redcar
Sat 28	British Masters Road Relay Championships	Sutton Coldfield
Sun 29	Sand Dancer 10k MT	South Shields
Sun 29	NEYDL 1 Div 1 Midd SV, 2N Whitley Bay, 2S Darlington	

**MAY**

Tues 1	N Yorkshire & S Durham Athletics League	Middlesbrough
Wed 2	NEMMA Road Relays	Jarrow
Sat 5/7	BUCS Championships	Bedford
Sat 5	Northern League Match 1	Various
Sun 6	Keswick Half Marathon	
Mon 7	British Milers Club (800m)	Chester-le-Street
Wed 9	Wallsend Harriers Gordon Smith Relays	Wallsend
Sat 12	North Eastern Counties Track & Field Champs	Middlesbrough
Sun 13	North Eastern Counties Track & Field Champs	Middlesbrough
Sun 13	Sunderland City Half Marathon & 10k	Sunderland

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Wed 15	Run Northumberland Nunnykirk 10k	
Thur 16	Durham City Harriers Cross Country Relays	
Sun 19	Ray Harrison Billingham 10k	
Wed 22	Gateshead Harriers Quayside 5k	
Sat 25/26	BMAF T&F Champs	Alexander Stadium, Birmingham
Sun 26	Tynedale 10m	Hexham
Sun 26	Tartan Games	Gateshead
Thur 30	Low Fell Watergate 5k	Gateshead

**SEPT**

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Sat 8	Great Tees 10k	Stockton
Sun 9	Great North Run	
Sat 15	Northern 6-stage & Women's 4-stage road relay	Sport City
Sun 16	Sedgefield Serpentine 6.5m MT	Sedgefield Cricket Club
Sat 22	NECAA/Masters Open Pentathlon & (5k/10k)	Monkton
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Sun 30	Redcar Half Marathon NECAA Champ (inc running fest)	

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Mon 7	British Milers Club (800m)	Chester-le-Street
Wed 9	Wallsend Harriers Gordon Smith Relays	Wallsend
Sat 12	North Eastern Counties Track & Field Champs	Middlesbrough
Sun 13	North Eastern Counties Track & Field Champs	Middlesbrough
Sun 13	Sunderland City Half Marathon & 10k	Sunderland

**MAY – Cont**

Tues 15	Les Allcorn 10k	Alnwick
Tues 15	N Yorkshire & S Durham League	Darlington
Sun 20	Pier-to-Pier Race (MT)	South Shields to Roker
Sun 20	Raby Castle 10k MT	
Sun 20	NEYDL 2 Div 1 Whitley Bay, 2N Monkton, 2S Midd SV	
Mon 21	North East Masters League	Monkton
Wed 23	North East Grand Prix 2	Monkton
Wed 23	NSP Clive Cookson 10k	
Wed 23	Run Northumberland Vindolanda 10k	
Wed 23	George Ogle Memorial Race (MT)	Swalwell
Wed 30	Sunderland Harriers Penshaw Hill Race	
Thur 31	North Yorks Moors AC Relays	Middlesbrough

**JUNE**

Sat 2	Gateshead Minors	
Sun 3	Northern League Match 2	Various
Sun 3	Run Northumberland Bamburgh 10k	
Mon 4	North East Masters League	Monkton
Mon 4	British Milers Club 1500m	Chester-le-Street
Sat 9	Blaydon Race	Newcastle - Blaydon
Sat 9/10	Northern Athletics Senior & U20 T&F Champs	Manchester
Sat 9	County Schools Champs	Various
Sun 10	New Marske RR Series Everyone Active 10k	Redcar
Mon 11	North East Masters League	Monkton
Tues 12	N Yorkshire & S Durham Athletics League	Middlesbrough
Wed 13	Newburn River Run	Newburn
Sat 16	Inter County Schools match	
Sun 17	Newton Aycliffe 10k	
Mon 18	British Milers Club 800m	Chester-le-Street
Wed 20	Run Northumberland Stamfordham 10k	
Wed 20	North East Grand Prix 3	Monkton
Wed 20	Claremont Weetslade MT relay	Wideopen
Wed 20	Sunshine 5k Run	Newcastle/Gateshead
Sat 23	North East Masters Track & Field Chaps	Monkton
Sat 23	Northumberland Minor Schools Champs	Hexham
Sun 24	NEYDL 3 Div 1 Morpeth, 2N Hexham, 3S S. Darlington	
Sun 24	Lambton Run 10k (MT) Lambton Park	Burnmoor
Sun 24	Gateshead Minors	
Sun 24	Hadrians Wall Half Marathon (MT)	Hexham

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Tues 12	N Yorkshire & S Durham Athletics League	Middlesbrough
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Sun 24	Lambton Run 10k (MT) Lambton Park	Burnmoor
Sun 24	Gateshead Minors	
Sun 24	Hadrians Wall Half Marathon (MT)	Hexham

**JUNE - Cont**

Mon 25	Heaton Harriers Women's Only Run	
Tues 26	N Yorkshire & S Durham Athletics League	Darlington
Wed 27	Run Northumberland Kirkley 10k	
Thur 28	Castle Bank Challenge	Norham
Thur 28	Low Fell Angel View Races (MT)	Gateshead
Sat 30/1	British Athletics Champs & European Trials	Birmingham

**JULY**

Sun 1	Middlesbrough Riverside 5k	
Sun 1	Run Northumberland Coquet Half Marathon	Rothbury
Mon 2	North East Masters League	Monkton
Tues 3	Bridges of the Tyne 5m (North East Champs)	Quayside
Wed 4	Tynedale 10k	Ovingham
Wed 4	Darlington Harriers Pit Stop 10k	Croft
Wed 4	Curfew Run 1.2m Walls Race	Berwick
Sat 7	Northern Inter Counties U17/15	Leigh
Sat 7	Chevy Chase Fell Race	Wooler
Sat 7/8	International Combined Events	Hexham
Sun 8	Northern League Match 3	Various
Sun 8	Great North Gateshead 10k	Gateshead
Mon 9	British Milers Club 1500m	Chester-le-Street
Tues 10	N Yorkshire & S Durham Athletics League	Middlesbrough
Wed 11	North east Grand Prix 4	Monkton
Thur 12	Sunderland 5k (Northern & NE Champs)	Silksworth
Fri 13-14	English Schools Champs	Birmingham
Sun 15	Hexham Half Marathon	Hexham
Sun 15	NEYDL 4 Div 1 Hexham, Div 2N Whitley Bay, Div 2S Midd	
Mon 16	North East Masters League	Monkton
Wed 18	New Marske RR Series Summer Coast 5k	Redcar
Wed 18	Run Northumberland Wallington 10k	
Wed 18	Durham City 10k & 5k	Durham
Fri 20	Northern Front Runners 5k	Newcastle
Sat 21/22	CAU and England Championships	Bedford
Tues 24	Jarrow and Hebburn Cock Crow 5k	
Wed 25	North East Grand Prix 5	Monkton
Sun 29	Northumberland Coastal Run (MT)	Beadnell to Alnmouth
Mon 30	North East Masters League	Monkton

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