



County	Start Time	Date & Place Round 1	Date & Place Round 2	Final
Southern Area	Individual Race 11am Girls 11.25am Boys 11.40am	Lurgan Park, BT67 9BG Fri 5 th Oct WCH	Palace Stables Armagh BT60 4EL Fri 30 th Nov	30 th January 2019
Co. Down	*Individual Race 11am Girls 11.15am Boys 11.30am	Henry Jones Church Rd, Castlereagh BT6 9SB Tue 9 th Oct	Donard Park Newcastle BT33 0HL Tue 4 th Dec TBC	30 th January 2019
Causeway Coast	*Individual Race 10.30am Girls 10.45am Boys 11am	Ulster University, Cromore Rd, Coleraine BT52 1SA Wed 10 th Oct	Roe Valley Leisure Centre Greystone Park, Limavady BT49 0ND Wed 5 th Dec	30 th January 2019
Co. Tyrone/ Fermanagh Area	*Individual Race 11am Girls 11.15am Boys 11.30am	Ballygawley Public Park, BT70 2JQ Wed 10 th Oct	Omagh Wed 5 th Dec TBC	30 th January 2019
Co. Antrim	Individual Race 11am Girls 11.25am Boys 11.40am	Antrim Forum, 17 Lough Road, Antrim BT41 4DT Thurs 11 th Oct	Lisnagarvey High School, Lisburn, BT28 1HN Thu 6 th Dec WCH 11am TBC	30 th January 2019
North West	*Individual Race 12pm Girls 12.15pm Boys 12.30pm	Thornhill College, 142 Culmore Rd, Derry BT48 8JF Fri 12 th Oct	Oakgrove College Stradreagh, Gransha Park BT47 6TG Fri 7 th Dec	30 th January 2019

***Individual Races (non- Scoring Races) will only be run if entries are high in that area**
These are all approx. times.