

Note to Road Race organisers – Due to the ever-increasing amount of road applications, dates may be held provisionally however full details will only be included upon receipt of completed permit application and fee.

**PROVISIONAL**    ■ Cross Country

Updated 13<sup>th</sup> June 2018

[www.athleticsni.org](http://www.athleticsni.org)

Date	Event	Venue	Time	Contact	Officially Measured
<b>2018</b>					
<b>June 2018</b>					
Fri 8/15/22/29	Paul Murray Memorial 5k Grand Prix	Eskra Community Centre	7.30pm	Kate Corrigan 07833784876 <a href="mailto:Kate.corrigan@yahoo.co.uk">Kate.corrigan@yahoo.co.uk</a>	
Wed 13	Centra Run Together Pairs Event- Derry Quayside	Derry Quayside	7pm	Johnny Davis 07768103968 <a href="mailto:johnny@pioneer-group.co.uk">johnny@pioneer-group.co.uk</a> <a href="http://centra.co.uk/runtogether/">http://centra.co.uk/runtogether/</a>	
Wed 13	Annaghmore 5k & 10k	Annaghmore Parish Centre	7.30pm	Raymond Campbell 07703208485/ 02838852623 <a href="mailto:ramiecampbell@gmail.com">ramiecampbell@gmail.com</a>	
Wed 13	Dromara 5k	Lagan Community Hall	7.30pm	Pauline Crompton 07962112426 <a href="mailto:Paulieputthekettleon@hotmail.com">Paulieputthekettleon@hotmail.com</a>	
Thurs 14	Boom 10k	Cromore Road	7.30pm	Alison Rankin 07904361337 <a href="mailto:rankinal@hotmail.co.uk">rankinal@hotmail.co.uk</a> <a href="http://www.springwellrunners.co.uk">www.springwellrunners.co.uk</a>	✓
Sat 16	Lismore 5k Run & Walk	Lismore Comprehensive School	12 noon	Francis McVeigh <a href="mailto:Fmcveigh048@c2kni.net">Fmcveigh048@c2kni.net</a> <a href="http://www.lismorecomprehensive.org.uk">www.lismorecomprehensive.org.uk</a>	
Sat 16	Mountfield 5 Mile & 5k	Main Street, Mountfield	11am	Shane Tracey 02880771514/ 07749111643 <a href="mailto:Mountfieldca@gmail.com">Mountfieldca@gmail.com</a>	
Wed 20	Coca Cola Lisburn Half Marathon, 10k & Fun Run	Lagan Valley LeisurePlex	6.30pm	Adrian Baron 02892509556/ 07866264434 <a href="mailto:Adrian.baron@lisburncastlereagh.gov.uk">Adrian.baron@lisburncastlereagh.gov.uk</a> <a href="http://www.lisburnhalfmarathon.com">www.lisburnhalfmarathon.com</a>	✓
Thurs 21	Grant Thornton 5k	Belfast City Airport	11pm	Athletics Ireland +353018869933 <a href="mailto:admin@athleticsireland.ie">admin@athleticsireland.ie</a> <a href="http://www.athleticsireland.ie">www.athleticsireland.ie</a>	
Sat 23	Dromore Community 5k/10k	Main Street, Dromore at Town Clock	12noon	Dermot Montague 02882898213 <a href="mailto:dromoreroadrace@gmail.com">dromoreroadrace@gmail.com</a> <a href="http://www.dromore10k.com">www.dromore10k.com</a>	✓
Sat 23	Energia 24 Hour International	Victoria Park, Belfast	1pm	Ed Smith 07740818389 <a href="mailto:Ed_n_smith@hotmail.com">Ed_n_smith@hotmail.com</a>	✓
Sat 23	Loup 5k and 5 Mile	Loup Crossroads, Moneymore	10.30am	Martin Bradley 07879885669 <a href="mailto:martybradley@hotmail.com">martybradley@hotmail.com</a>	
Sun 24	Centra Run Together Pairs Event- Bangor Ward Park	Ward Park	10am	Johnny Davis 07768103968 <a href="mailto:johnny@pioneer-group.co.uk">johnny@pioneer-group.co.uk</a> <a href="http://centra.co.uk/runtogether/">http://centra.co.uk/runtogether/</a>	
Sun 24	Let's Go Hydro 5k	Let's Go Hydro Waterpark	10am	Mel Boyle 07841496098 <a href="mailto:Mel.boyle@googlemail.com">Mel.boyle@googlemail.com</a>	
Sun 24	St Mary's Carland 5k Road Race & Fun Run	St Mary's Ps, Carland	10am	Margaret Hamill 02887761515/ 07706929365 <a href="mailto:Margaret.hamill@hotmail.co.uk">Margaret.hamill@hotmail.co.uk</a> <a href="http://www.stmaryslisbuoy.com">www.stmaryslisbuoy.com</a>	
Weds 27	Cloney 5k & Fun Run	TBC	TBC	Pending Permit	
Thurs 28	38 <sup>th</sup> Jude Gallagher 'Round The Bridges' 10 Mile Race	Killane Road	7.30pm	Thomas Moore 07824617035 <a href="mailto:Thomas.moore1970@yahoo.co.uk">Thomas.moore1970@yahoo.co.uk</a> <a href="http://www.springwellrunners.co.uk">www.springwellrunners.co.uk</a>	✓
Fri 29	Newell 5k and 10k	Coalisland	7.30pm	Cathal Hagan 07766076581 <a href="mailto:cathalohagan@hotmail.com">cathalohagan@hotmail.com</a>	
Fri 29	Comber 10k	North Down	7pm	Phil Gilmore 07768648821	

Please note that dates and times are subject to change by the organisers or due to event clashes. This may be at short notice, so please always check for alterations before your events.

		Cricket Club, Castle Lane, Comber		<a href="mailto:ballydrainharriers@rocketmail.com">ballydrainharriers@rocketmail.com</a> <a href="http://www.ballydrainharriers.co.uk">www.ballydrainharriers.co.uk</a>	
Fri 29	Ballyhegan Park n Stride 5k & 10k	Ballyhegan Davitts GFC, Kilmacanty Road, Kilmore	7.30pm	Shane O'Hanlon 07748677210 <a href="mailto:ohanlonshane@googlemail.com">ohanlonshane@googlemail.com</a>	
Sat 30	Larne AC Coastal Marathon	Cushendall	9am	Ruth Moore 07929333982 <a href="mailto:Ruth.moore@belfasttrust.hscni.net">Ruth.moore@belfasttrust.hscni.net</a>	✓
Sat 30	Kirkistown Race Track 5k 10k and Half Marathon	Kirkistown Race Track	1pm	Richard Bradley <a href="mailto:contact@niduathlon.com">contact@niduathlon.com</a>	✓
<b>July 2018</b>					
Fri 6	Greyabbey 10k	Greyabbey Village Hall	7.30pm	Ray Murray 07432533515 <a href="mailto:raymond300@btinternet.com">raymond300@btinternet.com</a>	✓
Sun 8	The Great Rossa Run 2018	Arboe Parish Centre	10am	Shane Mallon 07557447436 <a href="mailto:shaneboe@hotmail.com">shaneboe@hotmail.com</a>	✓
Mon 9	Ballyvea FC 5k/10k	Silent Valley, Kilkeel	7pm	David Crutchley 07882739628 <a href="mailto:davidcrutchley16@gmail.com">davidcrutchley16@gmail.com</a>	
Weds 11	The Shore 10k	Quay St Killough	7.30pm	Joe Quinn 07933214894 <a href="mailto:Joemarathon50@btinternet.com">Joemarathon50@btinternet.com</a>	
Fri 13	Sea 2 Sky 5k & 10k	Newcastle Prom, opposite O'Hares Lounge Bars	10k Walk- 6.30pm 10k & 5k- 7.30pm	Gerard Rowe 07855586438/ 07712004543 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a> <a href="http://www.born2runevents.com">www.born2runevents.com</a>	
Sat 14	Donut Run 5k	Wallace High School	2pm	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sun 15	JD Dance 5k & 10k	Main Street, Coalisland	10am	Paula McStravog 07719554332 <a href="mailto:Paula703@btinternet.com">Paula703@btinternet.com</a>	
Tues 17	Portaferry Gala 10 Mile Road Race	Cloghery Road, Portaferry, outside the Sports Centre	7.30pm	Mags Mathieson 07402785109 <a href="mailto:Mags.mathieson@yahoo.co.uk">Mags.mathieson@yahoo.co.uk</a> <a href="http://portaferry10mile@ntlworld.com">portaferry10mile@ntlworld.com</a> <a href="http://www.eastdownac.co.uk">www.eastdownac.co.uk</a>	
Weds 18	Brackaghreilly Maghera 5 Mile Run and 3 Mile Walk	Brackaghreilly Hall	7.30pm	Frank McKeigue 07518574166 <a href="mailto:brackaghreilly@hotmail.com">brackaghreilly@hotmail.com</a>	
Fri 20	Dalriada Challenge	Altmore Street, Glenarm	7pm	Stephen Montgomery 077334174994 <a href="mailto:stmonty6@outlook.com">stmonty6@outlook.com</a>	
Sat 21	Blue Belle's 5k	Killyfaddy Road	11am	Stacey Hinfey 07909540391 <a href="mailto:Secretary.acornsac@gmail.com">Secretary.acornsac@gmail.com</a>	
Sat 21	Kennedy Kane McArthur Festival of Running- Dark Hedges Half Marathon	Knock Road, Dervock	10.45am	Kenneth Bacon 02827666925 <a href="mailto:k.bacon14@btinternet.com">k.bacon14@btinternet.com</a> <a href="http://www.springwellrunners.co.uk">www.springwellrunners.co.uk</a>	✓
Weds 25	RGU 10k and Relay	Ardglass Road, Downpatrick	7.30pm	Joe Quinn 07933214894 <a href="mailto:Joemarathon50@btinternet.com">Joemarathon50@btinternet.com</a>	✓
Tues 26	Fairness In Fertility 5k	TBC	TBC	Pending Permit	
Fri 27	Giants Trail Race	Upper Malone Playing Fields, Belfast	7pm	Brian Grimes 07876756173 <a href="mailto:Briangrimes234@gmail.com">Briangrimes234@gmail.com</a> <a href="http://www.dubrunners.club">www.dubrunners.club</a>	
Fri 27	Crossgar 10k	Monastery	7pm	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Fri 27	LacPatrick Milk Run (5 Mile)	Garryduff Road	7.30pm	Kenneth Bacon 02827666925 <a href="mailto:k.bacon14@btinternet.com">k.bacon14@btinternet.com</a> <a href="http://www.springwellrunners.co.uk">www.springwellrunners.co.uk</a>	
Sat 28	Divis 10k	Divis Carpark	11am	Nuala Muldoon 07578521679 <a href="mailto:Legiteventsni@gmail.com">Legiteventsni@gmail.com</a> <a href="https://www.facebook.com/events/169980343611873/">https://www.facebook.com/events/169980343611873/</a>	
Sat 28	Eoin Farell & James Miskelly Memorial 5k	TBC	TBC	Pending Permit	
Sat 28	Derrytresk 10k	Derrytresk Community Centre	10am	Aidan Campbell 07919912644 <a href="mailto:Secretary.derrytreskfiracnoic.tyrone@gaa.ie">Secretary.derrytreskfiracnoic.tyrone@gaa.ie</a>	

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Mon 30	Broughshane 5k & 10k	Broughshane High Street	7pm	Robin Alexander 02825656319/ 07743543211 <a href="mailto:Robin65alexander@btinternet.com">Robin65alexander@btinternet.com</a> <a href="http://www.ballymenarunners.com">www.ballymenarunners.com</a>	
<b>August 2018</b>					
Wed 1	Crawfordsburn 5k Trail Race	Crawfordsburn Country Park	7.15pm	Clare Russell 07901823349 <a href="mailto:northdownac@gmail.com">northdownac@gmail.com</a> <a href="http://www.northdownac.co.uk">www.northdownac.co.uk</a>	
Fri 3	Stanley Reid Memorial 5 Mile Classic	Loughry Campus, Cookstown	7.30pm	Mark Reid 07899002644 <a href="mailto:Alfredmark2002@yahoo.co.uk">Alfredmark2002@yahoo.co.uk</a> <a href="http://www.sperrinharriers.co.uk">www.sperrinharriers.co.uk</a>	✓
Sat 4	Delamont 10k	Delamont Car Park	12 noon	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sat 4	Run the Trails, Mount Stewart Half Marathon & 10k	Mount Stewart National Trust	6.30pm	Chris Stevenson 07970831940 <a href="mailto:ardshalf@scrabostriders.com">ardshalf@scrabostriders.com</a>	✓
Sun 5	GymCo Feile 10k	GymCo Cityside, York Street	9am	Lindsay Abbott 02895600669/ 07753391887 <a href="mailto:manager@gymbelfast.co.uk">manager@gymbelfast.co.uk</a> <a href="http://www.gymbelfast.co.uk">www.gymbelfast.co.uk</a>	✓
Wed 8	Edwin May Nissan 5 Mile Classic	Coleraine Leisure Centre	7.30pm	Benny Knight 02870347202 <a href="mailto:Benny.knight@causewaycoastandglens.gov.uk">Benny.knight@causewaycoastandglens.gov.uk</a>	✓
Wed 8	Donaghadee 5k	The Harbour Donaghadee	7.30pm	Fiona Lemon 07739412777 <a href="mailto:runninginthedee@gmail.com">runninginthedee@gmail.com</a>	✓
Fri 10	Mallusk 5 Mile Road Race 2018 with Pizzarella	Academy Club, Mallusk Road	7.30pm	Leeanne Skillen 07961620715 <a href="mailto:malluskharriers@outlook.com">malluskharriers@outlook.com</a> <a href="http://www.malluskharriers.co.uk">www.malluskharriers.co.uk</a>	
Sat 11	Lecale Way 10k	Cable Bar, Ballyhornan	7pm	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sat 11	Slieve Croob Challenge	Peter Morgan's Cottage	10am	Declan McCann 07885736638 <a href="mailto:Declanmccann69@hotmail.com">Declanmccann69@hotmail.com</a>	
Sat 11	iCare Purple Run	Gosford Forest Park	11am	Cormac Gribben 02837511333 <a href="mailto:cgribben@hcil.com">cgribben@hcil.com</a> <a href="http://www.icarecharity.com">www.icarecharity.com</a>	
Thurs 16	Donaghmore 5 Mile	The Torrent Complex	7.30pm	Damian McCaul 02887769051/ 07825536580 <a href="mailto:damian@torrentcomplex.co.uk">damian@torrentcomplex.co.uk</a> <a href="http://www.torrentcomplex.co.uk">www.torrentcomplex.co.uk</a>	
Fri 17	Prosecco Run	Castle Ward	7pm	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sat 18	Extern Dambusters	Silent Valley Mountain Park, Annalong	Walk- 10.30am HM/5k- 11am 10k- 12 noon	Gerard Rowe 07855586438/ 07712004543 <a href="mailto:info@born2runevents.com">info@born2runevents.com</a> <a href="http://www.born2runevents.com">www.born2runevents.com</a>	✓
Sat 18	The Loughshore 5k & 10k Run	Kinturk Cultural Centre	12 noon	Camillius Quinn 07810293177 <a href="mailto:kinturkca@gmail.com">kinturkca@gmail.com</a>	
Sun 19	Stairway to Heaven	Cuilcagh Mountain Park	12 noon	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sun 19	Carnmoney 5k & 1 Mile Fun Run	Knockenagh Avenue, Newtownabbey	11am	Nuala Muldoon 07578521679 <a href="mailto:legiteventsni@gmail.com">legiteventsni@gmail.com</a>	
Wed 22	Dessie's 10k Run	U3A Foyle	7pm	Gerry Lynch 07702006667 <a href="mailto:Gerry.lynch@hotmail.com">Gerry.lynch@hotmail.com</a>	
Fri 24	Portrush 5 Mile Road Race	Dunluce Road, Portrush	7.30pm	Mervyn Thompson <a href="mailto:Portrush5@gmail.com">Portrush5@gmail.com</a>	
Fri 24	Strangford Festival 10k	Stella Maris Street, Strangford	7pm	Brendan Kerr 07863900138 <a href="mailto:bkerr674@c2kni.net">bkerr674@c2kni.net</a>	
Sat 25	Rathlin Run 10 Mile & 5k	McCuigs Public House	1pm	Ryan Maxwell 07754718760 <a href="mailto:ryan@nirunning.co.uk">ryan@nirunning.co.uk</a> <a href="http://www.rathlinrun.com">www.rathlinrun.com</a>	

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Sun 26	Storming The Castle	Amphitheatre Carrickfergus	2pm	Andrew Smyth 02893360754/ 07969031570 <a href="mailto:Smytha1@sky.com">Smytha1@sky.com</a> / <a href="mailto:stc@seaparkac.com">stc@seaparkac.com</a> <a href="http://www.seaparkac.com">www.seaparkac.com</a>	✓
Fri 31	Ards Lions Five Mile Challenge	Londonderry Park, Newtownards	7pm	John Neil McCormick 07720304667 <a href="mailto:ardsnthdownlions@aol.com">ardsnthdownlions@aol.com</a>	✓
Fri 31	Magheralin 5	Ballymacbredan Road, Magheralin	7.30pm	Fearghal Laverty 07867536478 <a href="mailto:Secretary.stmichaels.down@gaa.ie">Secretary.stmichaels.down@gaa.ie</a>	
<b>September 2018</b>					
Sat 1	Last One Standing Florence Court	Car Park area	12 noon	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sun 2	Laganside 10k & 1 Mile Children's Race	Ormeau Park	1:15pm for Children 2pm for 10k	Matt Shields 07959569308 <a href="mailto:mattshields@gmail.com">mattshields@gmail.com</a> <a href="http://www.laganside10k.com">www.laganside10k.com</a>	✓
Sun 2	Waterside Half Marathon NI & Ulster Championship	Ebrington	10am	Jacqueline Whoriskey 02871376504 <a href="mailto:jacequeline.whoriskey@derrystabane.com">jacequeline.whoriskey@derrystabane.com</a>	✓
Sat 8	East Coast AC Larne 10k	Centre Point, Pound Street, Larne	11am	Ryan Maxwell 07754718760 <a href="mailto:ryan@nirunning.co.uk">ryan@nirunning.co.uk</a> <a href="http://www.larne10k.com">www.larne10k.com</a>	✓
Sat 8	Diva Dash (Ladies Only)	Carrickmore GFC	11am	Michael Kerr 02880760557/ 07444348676 <a href="mailto:carmenrunners@hotmail.co.uk">carmenrunners@hotmail.co.uk</a>	
Sat 8	Tannaghmore 10k	Tannaghmore Primary School	12 noon	Gerard Magee 07979245316 <a href="mailto:gerardmageeantrim@gmail.com">gerardmageeantrim@gmail.com</a>	
Sat 8-Sun 9	Run In The Park	Ward Park Bowling Pavillion	12 noon	Gordon Matchett 07595221404 <a href="mailto:Gordonbt19@gmail.com">Gordonbt19@gmail.com</a>	
Sun 9	Alps 10k & 5k	Downpatrick Cricket Club	2pm	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sun 9	Kildress 5k & 10k	TBC	TBC	Pending Permit	
Sat 15	O'Brien Challenge	Davagh Forest	12 noon	David O'Brien 02879469710/ 07596088657 <a href="mailto:obrien56@icloud.com">obrien56@icloud.com</a>	
Sun 16	Centra Run Together Pairs Event- Palace Demense Armagh	Palace Demense, Armagh	10am	Johnny Davis 07768103968 <a href="mailto:johnny@pioneer-group.co.uk">johnny@pioneer-group.co.uk</a> <a href="http://www.centra.co.uk/runtogether">www.centra.co.uk/runtogether</a>	
Sun 16	Tower of the Lake	The Courtyard Clondeboye Estate, Bangor	2.30pm	Chris Stevenson 07970831940 <a href="mailto:stevensonlighting@hotmail.com">stevensonlighting@hotmail.com</a>	
Sun 23	Deep RiverRock Belfast City Half Marathon	Ormeau Park	9am	Marathon Office 02890605933 <a href="mailto:Info@belfastcitymarathon.org">Info@belfastcitymarathon.org</a> <a href="http://www.belfastcitymarathon.com">www.belfastcitymarathon.com</a>	✓
Sun 23	McGrady Junior XC Race 1	Castlewellan Forest Park	1pm	Pauline McCauley 07803203650 <a href="mailto:juniors@newcastleac.org">juniors@newcastleac.org</a>	
Sat 29	NI & Ulster Championship Bangor 10k	Castle Park, Bangor	11am	Clare Russell 07901823349 <a href="mailto:northdownac@gmail.com">northdownac@gmail.com</a> <a href="http://www.northdownac.co.uk">www.northdownac.co.uk</a>	✓
Sat 29	Annaghmore Running Festival	Annaghmore Community Hall	10am	Konrad McNeice 07810533799 <a href="mailto:Konrad79@hotmail.com">Konrad79@hotmail.com</a>	
Sat 29	The Brocagh School Run 5k & 10k	St Brigid's PS, Brocagh	11:30am	Brian Kelly 02887738261/ 07856495065 <a href="mailto:Bkelly404@c2kni.net">Bkelly404@c2kni.net</a>	
Sun 30	Cavehill 5 Mile	Antrim Road, Newtownabbey	11am	Nuala Muldoon 07578521679 <a href="mailto:legiteventsni@gmail.com">legiteventsni@gmail.com</a> <a href="https://www.facebook.com/events/1055467794591702">www.facebook.com/events/1055467794591702</a>	
<b>October 2018</b>					
Sat 6	NI & Ulster Road Relay Championships	Victoria Park	Various	Robin Montgomery 07717531141 <a href="mailto:robinmontgomery@btinternet.com">robinmontgomery@btinternet.com</a> <a href="http://www.orangegroveac.co.uk/relays">www.orangegroveac.co.uk/relays</a>	
Sat 13	Saintfield 10k & 5k	Comber Street	12 noon	Adrian Daye 07876560015 <a href="mailto:atlas@atlasrunning.co.uk">atlas@atlasrunning.co.uk</a> <a href="http://www.atlasrunning.co.uk">www.atlasrunning.co.uk</a>	
Sat 13	NIMAA XC Trial	Queen's Playing	11.30am	Elizabeth Watt 07816895746	

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		Fields		<a href="mailto:lizwatt@doctors.org.uk">lizwatt@doctors.org.uk</a>	
Sat 20	St Mary's Primary Killyclogher 10k & 5k Run	Cappagh Parich Hall, Omagh	11.30am	Patricia Campbell 07745407917 <a href="mailto:pdcampbell@btconnect.com">pdcampbell@btconnect.com</a>	
Sun 21	Centra Run Together Pairs Event- Ormeau Park	Ormeau Park	10am	Johnny Davis 07768103968 <a href="mailto:johnny@pioneer-group.co.uk">johnny@pioneer-group.co.uk</a> <a href="http://www.centra.co.uk/runtogether">www.centra.co.uk/runtogether</a>	

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