

### Bounders Fixture List 2023

Date	Event	Venue
March 25th	Coniston 14	Coniston
April 1st	Northern 12 & 6 Stage Relays	Redcar Sea front
April 2nd	Port of Blyth 10k	Blyth Enterprise Centre
April 7th	Good Friday Relays	Albermarle Barracks
April 9th	North Tyneside 10k	Parks Sports Centre
April 23rd	London Marathon	London
	Terry O’Gara 5k	West Allotment Country Park
	Sand Dancer 10k	South Shields – Sandancer pub
TBC APRIL	Neptune Relays	Hardwick Park
April 30th	Gateshead Half and 10k	
May 7th	Sunderland 5k10k and Half Marathon	Sunderland City Center
May 17th	Steelworks Relays	<b>Volunteers Required</b>
May 21st	Pier to Pier – (Bus)	South Shields - Roker
June 9th	Blaydon – (Bus)	Newcastle – Blaydon
June 14th	Newburn River Run	Newburn Leisure Centre
June 28th	Weetslade Relays	Lockey Pack, Wideopen
July 5th	Tynedale 10k – Pie and Peas	Ovingham Middle School
July 14th	Durham City 5k and 10k	Durham Market Place
July 20th	Sunderland 5K	Silksworth
August 6th	Darlington 10k	Darlington Town Centre
August 16th	Quayside 5k	Baltic – Gateshead
August 24th	Watergate 5k	Watergate Country Park
August 27th	Tynedale 10m – Jelly T	Ovingham Middle School
September 10th	Great North Run - (Bus)	Newcastle – South Shields
Sept 17th	Northumberland Coastal Run	Beadnale – Alnmonth
Sept 17th (TBC)	Northern 6 & 4 Stage Relays	TBC (Usually Sports City Manchester)
Sept 23rd	NEHL Cross Country (1)	Wreckington
October 8th	NEHL Cross Country (2)	Druridge Bay
28th October	NEHL Cross Country (3)	Lambton estate
November 4th	National Cross Country Relays	Mansfield - Berry Hill Park
November 12th	Heaton Memorial 10k	Town Moor
November 18th	NEHL Cross Country (4)	Aykley Heads
December 9th	North East Cross Country Championships	TBC
December 17th	Saltwell 10k	Satlwell Park
December 18th	Loftus Poultry Run - (Bus)	Loftus
Relays	Grand Prix	

\*Dates accurate (to our knowledge) as of 23.3.23