

Date & Time	Event
Thu 30th Jun, 8pm	BHAA AIB 5km Road Race, Macroom
Fri 1st Jul, 8pm	Ballinascarthy 10km Charity Road Race for COPE
Sun 3rd Jul, 10.30am	Munster U23 & Senior T&F Championships, CIT
Wed 6th Jul, 8pm	Cork BHAA EMC 5km Road Race, Ovens
Thu 7th Jul, 8pm	Corkbeg 5M Road Race, Whitegate
Fri 8th Jul, 7pm	County Senior T&F Championships, CIT
Sun 10th Jul, 12pm	Kilworth Army Camp 5M Road Race
Wed 13th Jul, 8pm	BHAA IPS-Garda 5km Road Race, Marina
Fri 15th Jul, 7pm	County Junior & Masters T&F Championships, CIT
Tue 19th Jul, 7pm	Cork Graded T&F Meeting #4, CIT
Wed 20th Jul, 8pm	Carrigtwohill 5km Road Race, Barryscourt Castle
Fri 22nd Jul, 8pm	Donoughmore 7M Road Race
Sat 23rd Jul, 2.30pm	Cork Graded T&F Meeting #5, CIT
Thu 28th Jul, 8pm	Churchtown South 5M Road Race
Fri 29th Jul, 7.30pm	Belgooly Kinsale Regatta 5M Road Race
Wed 3rd Aug, 8pm	BHAA Novartis 5km Road Race, Ringaskiddy
Sun 7th Aug, T.B.A.	Route 2 Crook 5M Road Race, Goleen & District
Thu 11th Aug, 7pm	Cork Graded T&F Meeting #6, CIT
Wed 17th Aug, 7.30pm	BHAA Army/Navy 5M Road Race, Haulbowline
Thu 25th Aug, 7.30pm	Ballycotton 5M Road Race
Wed 31st Aug, 7.30pm	BHAA Togher P.T.A.A. 5km Road Race, Togher