

JUNE 2018				
Mon 4 Jun NEMAA T&F at Monkton Stadium	Tue 5 Jun 5 miles easy	Wed 6 Jun Monthly Mile at South Shields	Thu 7 Jun 7 miles	Sat 9 Jun Blaydon Race 3pm start
Mon 11 Jun NEMAA T&F at Monkton Stadium	Tue 12 Jun 6 miles fartlek at Saltwell Park	Wed 13 Jun	Thu 14 Jun 7 miles	Sat 16 Jun parkrun plus 8 x 30sec strides
Mon 18 Jun	Tue 19 Jun 3x (1k + 5 x 200m) at Saltwell Park	Wed 20 Jun Weetslade Relays	Thu 21 Jun 6 miles	Sat 23 Jun NEMAA T&F Championships at Monkton Stadium
Mon 25 Jun	Tue 26 Jun 12 x 300m at Saltwell Park	Wed 27 Jun	Thu 28 Jun Angel View Race	Sat 30 Jun parkrun plus 8 x 30sec hill reps
Mon 2 Jul NEMAA T&F at Monkton Stadium	Tue 3 Jul Bridges of the Tyne 5 mile race	Wed 4 Jul Tynedale 10k	Thu 5 Jul 6 miles	Sun 8 Jul Bottoms Up Cup 5k