Date	Day	Time	Race	Dist	Location	Chp	Measured ?	Website	Contact
17-Mar	Sat	11:00	Paddy Desmond - Rising Sun 4	4M	Ballinhassig	No	JW	Rising Sun AC	Jim Murray 086-3320461
17-Mar	Sat	11:00	West Cork 10k	10k	Ballydehob	No	??	Run West Cork	
18-Mar	Sun	11:00	Janssen 4M (BHAA)	4M		No	KC	Cork BHAA	Mark Murphy, 086-1713786
19-Mar	Sun	12:30	Mallow 10	10M	Mallow	Yes	JW	Mallow AC	John Holland, 085-2432115
24-Mar	Sat	11:00	Cork BHAA 30th Anniversary 5k	5k	Tramore Valley Park	No	KC	Cork BHAA	
25-Mar	Sun	13:00	AAI Munster Masters Road Chps	2M/4M	Waterford	Yes	AAI	Munster Athletics	
01-Apr	Sun	11:00	UCC 10k (BHAA)	10k	Mardyke	No	KC	Cork BHAA	Gillian Cotter, 085-7782586
07-Apr	Sat	12:00	Ahakista 10k	10k	Ahakista	No	JQ		
09-Apr	Mon	11:00	Clonakilty 10k	10k	Clonakilty	No	??		
09-Apr	Mon	14:00	Boherbue-Kiskeam	4M	Kiskeam	No	??		
15-Apr	Sun		AAI 10K Road Chps	10k	Phoenix Park	Yes	AAI	Athletics Ireland	
15-Apr	Sun	10:30	Great Island 10M All proceeds to the Irish Cancer Society	10M	Cobh	No	JQ	Great Island 10	Eamonn Crotty 087-9863805
19-Apr	Wed	20:00	Ballintotis 4	4M	Ballintotis	No	JW		Liam O'Brien 021-4633686
22-Apr	Sun	12:00	Rathcormack 10k	10k	Rathcormack	No	??		
22-Apr	Sun	10:00	West Cork Run	10M		No	??		
22-Apr	Sun		AAI National Road Relays	Vars	Raheny, Dublin	Yes	AAI	Athletics Ireland	
22-Apr	Sun		London Marathon	Mar	London	No	UKA		
22-Apr	Sun	11:30	Stride by the Tide (Cork BHAA)	4M	Redbarn	No	KC	Cork BHAA	Noel Curtin, 086-8147542
01-May	Tues	19:30	Cork AAI T&F League Rd 1	Vars	CIT Track	No	Track	Cork Athletics	
06-May	Sun		Great Limerick Run - Marathon	Mar	Limerick	No	??	Great Limerick Run	
06-May	Sun		Great Limerick Run - Half Marathon	HM	Limerick	No	??	Great Limerick Run	
06-May	Sun		Great Limerick Run "6M"	6M	Limerick	No	??	Great Limerick Run	
06-May	Sun		Bay Run	HM	Glengarriff	No	??	Bay Run	
03-May	Thurs	20:00	Joe Hourigan Memorial Midleton 5M	5M	Midleton	No	JW	Midleton AC	Danny McCarthy 087-2403940
07-May	Mon	18:00	Drimoleague Feile Beag 10k	10k	Drimoleague	No			
09-May	Wed	20:00	Pfizer 6M (BHAA)	6M	Ringaskiddy	No	KC	Cork BHAA	Kevin O'Driscoll 085-1160129

12-May	Sun		Bandon Half-Marathon	HM	Bandon	No	JQ	Bandon Half Marathon	
12-May	Sun		Bandon 10k	10k	Bandon	No	JQ	Bandon Half Marathon	
13-May	Mon	19:30	Cork AAI T&F League Rd 2	Vars	CIT Track	No	track	Cork Athletics	
17-May	Thurs	20:00	The Cheetah Run In conjunction with Fota Wildlife Park						John Quigley 087-6261178 info@eagleac.net
			Enter on-Line at Run Ireland	4M	Fota Wildlife Park	No	JQ	www.eagleac.net	
20-May	Sun	13:30	Emer Casey Memorial 10k - Proceeds to Emer Casey Cancer Foundation	10k	Youghal	No	JW	Emer Casey Foundation	087-2838770
24-May	Thurs	20:00	Ballyandreen 5	5M	Ballyandreen	No	JW		
29-May	Tues	20:00	John Buckley Sports 5k (Cork BHAA)	5k	Marina	No	KC		
01-Jun	Fri	19:30	5k Trail Run	5k	Doneraile Park	No			
04-Jun	Mon	08:30	Cork City Marathon	Mar	Cork	Yes	JQ	Cork City Marathon	
04-Jun	Mon	09:15	Cork City Marathon Relay	Mar	Cork	No	JQ	Cork City Marathon	
04-Jun	Mon	10:15	Cork City Half-Marathon	HM	Cork	No	JQ/TMcC	Cork City Marathon	
06-Jun	Wed		Cork AAI T&F League Rd 3	Vars	CIT Track	No	Track	Cork Athletics	
12-Jun	Tues	20:00	Source Fitness 5M	5M	Glanmire	No	KC	Cork BHAA	Brian Lotty, 087-9836103
15-Jun	Fri	19:30	Inniscarra 4M	4M	Inniscarra	No	JW		
17-Jun	Sun		AAI Munster Senior & Master T&F Chps	Vars	RTC, Waterford	Yes	Track	Munster Athletics	
28-Jun	Thurs	20:00	Shanagarry 5	5M	Shanagarry	No	JW		
21-Jun	Thurs	20:00	Daniel Kingston Macroom 5k	5k	Macroom	No	KC	Cork BHAA	Fiona Kingston 087-9031141
22-Jun	Fri		Cork AAI T&F League Rd 4	Vars	CIT Track	No	Track	Cork Athletics	
27-Jun	Wed		European Indoor Chps	Vars	Helsinki	Yes	Track		
28-Jun	Thurs		European Indoor Chps	Vars	Helsinki	Yes	Track		
29-Jun	Fri		European Indoor Chps	Vars	Helsinki	Yes	Track		
30-Jun	Sat		European Indoor Chps	Vars	Helsinki	Yes	Track		
29-Jun	Fri	20:00	Courtmasherry 10k	10k	Courtmasherry	No			