



County Antrim Harriers 2019 Race Series

	Race	Club / Website	Date
1	Race Over the Glens	http://www.ballymenarunners.org	Tuesday 1 st January 2019
2	Born to Run Antrim 10k	http://born2runevents.com	Saturday 2 nd February 2019
3	Performance Improvement track session	CAH Take part in the performance improvement track session	Wednesday 20 th Feb 2019
4	Larne Half Marathon	http://larnehalfmarathon.webs	Saturday 23 rd March 2019
5	Performance Improvement track session	CAH Take part in the performance improvement track session	Wednesday 28 th March 2019
6	A Spring Marathon	Compete in any one marathon between April and the end of June	April – June 2019
7	Park Run day	http://www.parkrun.org.uk	Saturday 18 th May 2019
8	Ballymena 5 mile	http://www.ballymenarunners.org	June 2019 Date TBC
9	Giants Trail 10K	http://www.dubrunners.org	July 2019 Date TBC
10	Mallusk 5 Mile	http://www.malluskharriers.co.uk	August 2019 Date TBC
11	Interclub 5 mile race	http://www.larneac.co.uk	August 2019 Date TBC

Scoring

**Turn up 5 points. Personal Best 10 Points. Debut 10 Points. Club Ranking Max 15 Points.
Track Session 5 Points.**