

Phoenix CC Leisure Runs 2005

E=easy; H=hard

DATE	Title	Distance	Venue / Contact
Sun April 24 th	CTC 50 in 4	50mls (E)	Albert Clock 10 am
Sun May 1	Tour of the Glens	125 Miles (H)	Belfast City Hall
Sat May 7 th	Mourne Challenge	60 miles (H)	Dundrum 9:30am
Sun 8 th	Latern Rouge charity Run	73 miles (H)	Loughinisland
Sun 8 th May	CTC 120 in 12	120 miles (H)	Albert Clock
Sun May 15 th	Dromara Coastal run	85miles	Dromara Football club
Sun 22nd May	Phoenix Duffers coastal Run	50mls (E)	Ballygalley carpark / Billy Smith
Sun 12 th June	Wicklow 200	200kms (H)	
Sat 18 th June	Ards Peninsula Challenge	60miles	Bangor 11am - £20
Sat/Sun June 25 th /26 th	Border Trek	206 miles	Lakeland Forum Enniskillen 7:30
Sun July 3	Omagh Wheelers Century	120k (H)	9:30am
Sun July 24th	Phoenix Duffer Sperrin run (1)	55miles (E)	Magherafelt / Billy Smith
Sat Aug 6 th	Freewheelers Round the Lough	80mls	Crumlin 9am
Sun Aug 7 th	CTC 100 in 8	100mls	Albert Clock 9am
Sat Aug 7 th	E Tyrone Sperrin Challenge	110K (H)	10am / Contact Rod Davidson 0288 6765064
Sat Aug 13 th	CTC Round the Lough	100mls	Albert Clock
Sun Aug 14 th	Dromara Hilly	125k (H)	Dromara FC 9:30
Sun aug 21	Innishowen 100	100mls (H)	Tempelmore Sports Complex
Sun Aug 27	Phoenix Duffer Sperrin run (2)	55 mls	Draperstown / Billy Smith
Sun Sept 11	Omagh WH Tour of Omagh	68k, 105k	As July 3 rd
Sun Sept 18	CTC 50 in 4	50 mls	Ards Circuit
Sun Sept 25 th	Torr Head Challenge	70mls (H)	10:30 Ballygalley Car Park
Sun Sept 25 th	Emyvale CC Tour of Monaghan	80k	10am Contact Michael McKenna
Sun Oct 9th	Phoenix duffers run Tyrone	100k	10am Dungannon the square
October	Phoenix Weekend Away	Loads or little	Barney / Billy / Larry