NORTH OF ENGLAND TRACK AND FIELD LEAGUE -STRUCTURE AND VENUES FOR 2019

Division One		Last	<u>Updated</u>		Wednesday, 27	February 2019	Venue confirmed	Post Code
	Division One	Divis	ional Secretary		Marriaret Graviton (Winan)			
2 Synd Bolo at 5 Seed Checke A Middle Claim 2 Seeding 16 Anne 2009 Nigym S District 16 AC 2 Seeding 12 February Nigym S District 16 AC 2 Seeding 22 February Nigym S District 16 AC 2 Seeding 22 February Nigym S District 16 AC 2 Seeding 22 February Nigym S District 16 AC Nigym S Dis		<u> </u>	·	1		Rlackhum Harriers & AC	Witton Park, Blackburn	BB2 2TP
Team List of Man	 	- Water		2			<u> </u>	
Polivision 2E				+	·			
2 Dischard Ramins 6 AC 4 Misselborrough Antiface Cib. Marchael 7 Somdy 19 May 2019 Loeds City Athlete Cib. Marchael South Leeth Statistim South Athlete Cib.	- Team 13ic of Plan	- Wigaii	a District II a AC	+				
2 Dischard Ramins 6 AC 4 Misselborrough Antiface Cib. Marchael 7 Somdy 19 May 2019 Loeds City Athlete Cib. Marchael South Leeth Statistim South Athlete Cib.	Division 2F	Divis	ional Secretary		Andy Ward (Middleshrough)			
Secretary Secr	-	1.1	•	1	, , , , , , , , , , , , , , , , , , , ,	Loade City Athletic Club	South Leeds Stadium	IC11 EDI
Top		1-1	, ,	2				
Provision 2EC Divisional Secretary: Interest (Register upon Hall)		Погра		+	•	` '		
Division 2EC Divisional Secretary: Note that (Register upon Held) I Gly of Serfleid & Decem A.C. 4 Halamather Harriers Shellied 7 Sunday, 19 May 2019 Decty, Atthetic Cub Moorning Stacker, Derey Decty Atthetic Cub Moorning Stacker, Developed Moorning Stacker, Developed Stacker, Developed Stacker, Register, Developed Stacker, Deve	J Leeds City Athletic Club	Wallse	ій /Біупі	+	• •	·		
Cay of Sertieds & Deame AC 4 Haltemative Haminer Sheffield 7 Sunday 19 Directater Athletic Cub Newprint Stadium, Directator Division and Hall AC 2 Sunday, 16 Nay 2019 Derby Athletic Cub Accompage Stadium, Durby Directator Directator Athletic Cub 6 Ratherham Harriers and AC 3 Sunday, 16 Nay 2019 Rotherham Harriers and AC Acrostock Stadium, Burby Directator Athletic Cub 6 Ratherham Harriers and AC 4 Saturday, 10 Nagari 2019 Rotherham Harriers and AC Acrostock Stadium, Burby Directator Direc				ш	-	Halberta / Diytii	73 7 7	NEES SIL
Derby Atthetic Cub Sirryston user Hull AC 2 Sunday, 18 lune 2019 Derby Atthetic Cub Morranges Stadium, Derby DE24 9HV	Division 2EC	Divis	ional Secretary:		John Brant (Kingston upon Hull)			
Deby Athletic Club S Kingston uon Hull AC 2 Sunday 16 June 2019 Deby Athletic Club Moorways Studium, Deby DE49 Hull 6 NQ 2 Sunday 14 July 2019 Ripston uon Hull AC Costells Studium, Deby Deby Athletic Club 4 Saturday 10 August 2019 Ripston uon Hull AC Costells Studium, Deby Deby Athletic Club 4 Saturday 10 August 2019 Roberham Harriers and AC Herringstonge Studium, Rotherham 565 2 HR	1 City of Sheffield & Dearne AC	4 Hallam	shire Harriers Sheffield	1	Sunday, 19 May 2019	Doncaster Athletic Club	Keepmoat Stadium, Doncaster	DN4 5JW
3 Sunday, 14 July 2019 Kingston uan Hull AC Gotéeb Stadium, Hull Hull KiQ		5 Kingst	on uon Hull AC	2	Sunday, 16 June 2019	Derby Athletic Club	Moorways Stadium, Derby	
Preston Harriers and AC Herringstrope Stadium, Ratherham S65 2HR		- I		3	Sunday, 14 July 2019	<u> </u>	Costello Stadium, Hull	
Division 2W Divisional Secretary: Blackgool Wyre & Fylde AC 4 Preston Harriers 1 Sunday, 19 May 2019 Southport Waterloo AC Sports Arena, Preston PR2 15G				4	Saturday, 10 August 2019	Rotherham Harriers and AC	Herringthorpe Stadium, Rotherham	
Bickpool Wyre & Fylde AC	Division 2W	Divis	ional Secretary:		Vacanov			
3 Leigh Harriers & AC 6 Southport Waterloo AC 3 Sunday, 14 July 2019 Leigh Harriers & AC 5 Starley Park Arena, Blackpool Pr3 9HQ Division 2WC Divisional Secretary: Norman Waterson (Wirral) 1 Bingley Harriers & AC 4 Sale Harriers Manchester 1 Sunday, 19 May 2019 Holmfith Harriers AC Thomes Park, Wakefield Wera AC Wera AC Thomes Park, Wakefield Wera AC Wera AC Thomes Park, Wakefield Wera AC Thomes Park, Wakefield Wera AC Wera	Blackpool Wyre & Fylde AC	4 Presto	on Harriers	1	Sunday, 19 May 2019	Preston Harriers	UCLan Sports Arena, Preston	PR2 1SG
Division 2WC Divisional Secretary: A	2 Bolton United Harriers & AC	5 Seator	Athletic Club	2	Sunday, 16 June 2019	Southport Waterloo AC	Sports Park, Litherland	L21 7NN
Division 2WC Divisional Secretary: Norman Waterson (Wirral) 1 Bingley Harriers & AC 4 Sale Harriers Manchester 7 Sunday, 19 May 2019 Holmfith Harriers AC The Oval, Bebington GH63 7LF Uverpool Pembroke & Sefton H AC 5 Spenborough & Dist AC 3 Sunday, 16 June 2019 Weral AC The Oval, Bebington GH63 7LF Saturday, 10 August 2019 Sale Harriers Manchester Longford Park Saddum, Trafford M21 9TA A Saturday, 10 August 2019 Spenborough & Dist AC Princess Mary Stadium, Deckheaton WF15 6LW Division 3E Divisional Secretary: Vacancy 1 Chester Le Street & Dist AC A Richmond & Zetland Harriers 7 Sunday, 19 May 2019 Chester Le Street & Dist AC Churchill Playing Field, Whitely Bay NE26 3NT Neth Shields Polytechnic Club F Tynedale Harriers & AC Studies Polytechnic Club Division 3E Divisional Secretary: Corlon Agar (Nyrac) Scunthorpe & District AC A Usbell Park, Scunthorpe Division Active Club Division 3E Divisional Secretary: Corlon Agar (Nyrac) 1 Boston & District AC A Usbell Park, Scunthorpe Division, Rotherham S65 2HR Grantham AC B Skyrac Athletic Club B Skyrac Athletic Club B Skyrac Athletic Club Princess Mary Stadium, Deckheaton WF15 6LW FF15 FW FF15	3 Leigh Harriers & AC	6 South	oort Waterloo AC	3	Sunday, 14 July 2019	Leigh Harriers & AC	Sports Village, Leigh	WN7 4GX
1 Bingley Harriers & AC				4	Saturday, 10 August 2019	Blackpool Wyre & Fylde AC	Stanley Park Arena, Blackpool	FY3 9HQ
2 Holmfith Harriers AC 5 Spenborough & Dist AC 2 Sunday, 16 June 2019 Wirral AC The Oval, Bebington CHG3 7LF 3 Liverpool Pembroke & Sefton H AC 6 Wirral AC 3 Sunday, 14 July 2019 Sale Harriers Manchester Longford Park Stadium, Trafford M21 9TA 4 Saturday, 10 August 2019 Spenborough & Dist AC Princess Mary Stadium, Geckheaton WF15 6LW Division 3E Divisional Secretary: Vacangy 1 Chester Le Street & Dist AC 4 Richmond & Zetland Harriers 1 Sunday, 19 May 2019 Chester Le Street & Dist AC Onurchill Playing Field, Whitley Bay NE26 3NT 2 New Marske Harriers Club 5 South Shields/Birtley 2 Sunday, 16 June 2019 North Shields Polytechnic Club Grurchill Playing Field, Whitley Bay NE26 3NT 3 North Shields Polytechnic Club 6 Tynedale Harriers & AC 3 Sunday, 14 July 2019 New Marske Harriers Club Middlesbrough Sports Village (DH) TS4 3AE 4 Saturday, 10 August 2019 Tynedale Harriers & AC Tynedale Athletics Park Hexham NE46 3FD Division 3EC Divisional Secretary: Gordon Agar (Nyrac) 1 Boston & District AC 4 Lincoln Wellington Athletic Club 1 Sunday, 19 May 2019 Scunthorpe & District AC Quibell Park, Scunthorpe DN17 1SR 2 Chesterfield & District AC 5 Scunthorpe & District AC Herrightorpe Stadium, Rotherham S65 2HR 3 Grantham AC 6 Skyrac Athletic Club 3 Sunday, 14 July 2019 Skyrac Athletic Club Princess Mary Stadium, Rotherham S65 2HR	Division 2WC	Divis	ional Secretary:		Norman Waterson (Wirral)			
2 Holnfith Harriers AC 5 Spenborough & Dist AC 2 Sunday, 16 June 2019 Wirral AC The Oval, Bebington CH63 7LF 3 Liverpool Pembroke & Sefton H AC 6 Wiral AC 3 Sunday, 14 July 2019 Sale Harriers Manchester Longford Park Stadium, Trafford M21 9TA 4 Saturday, 10 August 2019 Spenborough & Dist AC Princess Mary Stadium, Geckheaton WF15 6LW Division 3E Divisional Secretary: Vacancy 1 Chester Le Street & Dist AC 4 Richmond & Zetland Harriers 1 Sunday, 19 May 2019 Chester Le Street & Dist AC Churchill Playing Field, Whitley Bay NE26 3NT 2 New Marske Harriers Qub 5 South Shields/Birtley 2 Sunday, 16 June 2019 North Shields Polytechnic Qub Grucchill Playing Field, Whitley Bay NE26 3NT 3 North Shields Polytechnic Qub 6 Tynedale Harriers & AC 3 Sunday, 14 July 2019 New Marske Harriers Qub Middlesbrough Sports Village (DH) TS4 3AE 4 Saturday, 10 August 2019 Tynedale Harriers & AC Tynedale Athletics Park Hexham NE46 3FD Division 3EC Divisional Secretary: Gordon Agar (Akyrac) 1 Boston & District AC 4 Lincoln Wellington Athletic Qub 1 Sunday, 19 May 2019 Scunthorpe & District AC Qubell Park, Scunthorpe District AC Herringthorpe Stadium, Rotherham S65 2HR 3 Grantham AC 6 Skyrac Athletic Qub 3 Sunday, 14 July 2019 Skyrac Athletic Qub Princess Mary Stadium, Geckheaton WF15 6LW	1 Bingley Harriers & AC	4 Sale H	arriers Manchester	1	Sunday, 19 May 2019	Holmfith Harriers AC	Thornes Park, Wakefield	WF2 8TY
3 Liverpool Pembroke & Sefton H AC 6 Wirral AC 3 Sunday, 14 July 2019 Sale Harriers Manchester Longford Park Stadium, Trafford M21 9TA 4 Saturday, 10 August 2019 Spenborough & Dist AC Princess Mary Stadium, Geckheaton WF15 6LW Valancy 1 Chester Le Street & Dist AC 4 Richmond & Zetland Harriers 1 Sunday, 19 May 2019 Chester Le Street & Dist AC Churchill Playing Field, Whitley Bay NE26 3NT 2 New Marske Harriers Gub 5 South Shields/Birtley 2 Sunday, 16 June 2019 North Shields Polytechnic Gub Middlesbrough Sports Village (DH) TS4 3AE 1 Saturday, 10 August 2019 Tynedale Harriers & AC Tynedale Athletics Park Hexham NE46 3FD 1 Boston & District AC 4 Lincoln Wellington Athletic Gub 1 Sunday, 19 May 2019 Scunthorpe & District AC Quibell Park, Scunthorpe & DN17 1SR 2 Chesterfield & District AC 5 Scunthorpe & District AC Herringthorpe Stadium, Rotherham S65 2HR 3 Grantham AC 6 Skyrac Athletic Gub 3 Sunday, 14 July 2019 Skyrac Athletic Gub Princess Mary Stadium, Geckheaton WF15 6LW 1 Sunday, 19 May 2019 Skyrac Athletic Gub Princess Mary Stadium, Geckheaton WF15 6LW 1 Sunday, 19 May 2019 Skyrac Athletic Gub Princess Mary Stadium, Geckheaton WF15 6LW 1 Sunday, 14 July 2019 Skyrac Athletic Gub Princess Mary Stadium, Geckheaton WF15 6LW 1 Sunday, 14 July 2019 Skyrac Athletic Gub Princess Mary Stadium, Geckheaton WF15 6LW 1 Sunday, 14 July 2019 Skyrac Athletic Gub Princess Mary Stadium, Geckheaton WF15 6LW 1 Sunday, 14 July 2019 Skyrac Athletic Gub Princess Mary Stadium, Geckheaton WF15 6LW 1 Sunday, 14 July 2019 Skyrac Athletic Gub Princess Mary Stadium, Geckheaton WF15 6LW 1 Saturday, 10 August 2019 School		5 Spenb	orough & Dist AC	2	Sunday, 16 June 2019		The Oval, Bebington	
Division 3E Divisional Secretary: Vacancy 1 Chester Le Street & Dist AC 4 Richmond & Zetland Harriers 1 Sunday, 19 May 2019 Chester Le Street & Dist AC Churchill Playing Field, Whitley Bay NE26 3NT North Shields Polytechnic Club 5 South Shields/Birtley 2 Sunday, 16 June 2019 North Shields Polytechnic Club Churchill Playing Field, Whitley Bay NE26 3NT North Shields Polytechnic Club 6 Tynedale Harriers & AC 3 Sunday, 16 June 2019 New Marske Harriers Club Micklesbrough Sports Village (DH) TS4 3AE 4 Saturday, 10 August 2019 Tynedale Harriers & AC Tynedale Athletics Park Hexham NE46 3FD North Shields Polytechnic AC 4 Lincoln Wellington Athletic Club 1 Sunday, 19 May 2019 Scunthorpe & District AC Quibell Park, Scunthorpe District AC 4 Chesterfield & District AC 4 C	3 Liverpool Pembroke & Sefton H AC		•	3	Sunday, 14 July 2019	Sale Harriers Manchester	Longford Park Stadium, Trafford	
Divisional Secretary: Vacancy 1 Chester Le Street & Dist AC 4 Richmond & Zetland Harriers 1 Sunday, 19 May 2019 Chester Le Street & Dist AC New Marske Harriers Club 5 South Shields/Birtley 2 Sunday, 16 June 2019 North Shields Polytechnic Club 6 Tynedale Harriers & AC 3 Sunday, 14 July 2019 New Marske Harriers Club New Marske Harriers Club New Marske Harriers Club 6 Tynedale Harriers & AC 7 Sunday, 14 July 2019 New Marske Harriers & AC 7 Jynedale Harriers & AC 7 Jynedale Athletics Park Hexham NE 46 3FD Division 3EC Divisional Secretary: Sordon Agar (Nkyrac) 1 Boston & District AC Chesterfield & District AC 4 Lincoln Wellington Athletic Club 1 Sunday, 19 May 2019 Scunthorpe & District AC Chesterfield & District AC Herringthorpe Stadium, Rotherham S65 2HR 3 Grantham AC 6 Skyrac Athletic Club 3 Sunday, 14 July 2019 Skyrac Athletic Club Princess Mary Stadium, Oeckheaton WF15 6LW				4	Saturday, 10 August 2019	Spenborough & Dist AC	Princess Mary Stadium, Cleckheaton	WF15 6LW
2 New Marske Harriers Club 5 South Shields/Birtley 2 Sunday, 16 June 2019 North Shields Polytechnic Club Churchill Playing Field, Whitley Bay NE26 3NT 3 North Shields Polytechnic Club 6 Tynedale Harriers & AC 3 Sunday, 14 July 2019 New Marske Harriers Club Middlesbrough Sports Village (DH) TS4 3AE 4 Saturday, 10 August 2019 Tynedale Harriers & AC Tynedale Athletics Park Hexham NE46 3FD Division 3EC Divisional Secretary: Gordon Agar (Akyrac) 1 Boston & District AC 4 Lincoln Wellington Athletic Club 1 Sunday, 19 May 2019 Scunthorpe & District AC Quibell Park, Scunthorpe DN17 1SR 2 Chesterfield & District AC 5 Scunthorpe & District AC Herringthorpe Stadium, Rotherham S65 2HR 3 Grantham AC 6 Skyrac Athletic Club 3 Sunday, 14 July 2019 Skyrac Athletic Club Princess Mary Stadium, Gleckheaton WF15 6LW	Division 3E	Divis	ional Secretary:		Vacancy			_
3 North Shields Polytechnic Club 6 Tynedale Harriers & AC 3 Sunday, 14 July 2019 New Marske Harriers Club Middlesbrough Sports Village (DH) TS4 3AE 4 Saturday, 10 August 2019 Tynedale Harriers & AC Tynedale Athletics Park Hexham NE 46 3FD Division 3EC Divisional Secretary: Gordon Agar (Akyrac) 1 Boston & District AC 4 Lincoln Wellington Athletic Club 1 Sunday, 19 May 2019 Scunthorpe & District AC Quibell Park, Scunthorpe DN17 1SR 2 Chesterfield & District AC 5 Scunthorpe & District AC Herringthorpe Stadium, Rotherham S65 2HR 3 Grantham AC 6 Skyrac Athletic Club 3 Sunday, 14 July 2019 Skyrac Athletic Club Princess Mary Stadium, Cleckheaton WF15 6LW	1 Chester Le Street & Dist AC	4 Richm	ond & Zetland Harriers	1	Sunday, 19 May 2019	Chester Le Street & Dist AC	Churchill Playing Field, Whitley Bay	NE26 3NT
Division 3EC Divisional Secretary: Gordon Agar (Akyrac) Sunday, 19 May 2019 Scunthorpe & District AC Chesterfield & District AC Chesterfield & District AC Grantham AC Grantham AC Divisional Secretary: Gordon Agar (Akyrac) Scunthorpe & District AC Chesterfield & District AC Gordon Agar (Akyrac) Scunthorpe & District AC Chesterfield & District AC Chesterfield & District AC Grantham AC Grantham AC Frincess Mary Stadium, Cleckheaton ME 46 3FD NE 46 3FD Tynedale Harriers & AC Tynedale Harriers & AC Tynedale Harriers & AC Tynedale Athletics Park Hexham NE 46 3FD NE 46 3FD Scunthorpe & District AC Chesterfield & District AC Princess Mary Stadium, Cleckheaton WF 15 6LW	2 New Marske Harriers Club	5 South	Shields/Birtley	2	Sunday, 16 June 2019	North Shields Polytechnic Club	Churchill Playing Field, Whitley Bay	NE26 3NT
Division 3EC Divisional Secretary: Gordon Agar (Akyrac) Sunday, 19 May 2019 Scunthorpe & District AC Chesterfield & District AC Grantham AC Grantham AC Divisional Secretary: Gordon Agar (Akyrac) Scunthorpe & District AC Guibell Park, Scunthorpe DN17 1SR Scinthorpe & District AC Herringthorpe Stadium, Rotherham S65 2HR Grantham AC Grantham AC Grantham AC Grantham AC Grantham AC Frincess Mary Stadium, Gleckheaton WF15 6LW	3 North Shields Polytechnic Club	6 Tyned	ale Harriers & AC	3	Sunday, 14 July 2019	New Marske Harriers Club	Middlesbrough Sports Village (DH)	TS4 3AE
1 Boston & District AC 4 Lincoln Wellington Athletic Club 1 Sunday, 19 May 2019 Scunthorpe & District AC Quibell Park, Scunthorpe DN17 1SR 2 Chesterfield & District AC 5 Scunthorpe & District AC Herringthorpe Stadium, Rotherham 365 2HR 3 Grantham AC 6 Skyrac Athletic Club 3 Sunday, 14 July 2019 Skyrac Athletic Club Princess Mary Stadium, Cleckheaton WF15 6LW				4	Saturday, 10 August 2019	Tynedale Harriers & AC	Tynedale Athletics Park Hexham	NE46 3FD
1 Boston & District AC 4 Lincoln Wellington Athletic Club 1 Sunday, 19 May 2019 Scunthorpe & District AC Quibell Park, Scunthorpe DN17 1SR 2 Chesterfield & District AC 5 Scunthorpe & District AC Herringthorpe Stadium, Rotherham 365 2HR 3 Grantham AC 6 Skyrac Athletic Club 3 Sunday, 14 July 2019 Skyrac Athletic Club Princess Mary Stadium, Cleckheaton WF15 6LW	Division 3FC	Divis	ional Secretary		Gordon Agar (Akurac)			
2 Chesterfield & District AC 5 Scunthorpe & District AC 2 Sunday, 16 June 2019 Chesterfield & District AC Herringthorpe Stadium, Rotherham 565 2HR 3 Grantham AC 6 Skyrac Athletic Club 3 Sunday, 14 July 2019 Skyrac Athletic Club Princess Mary Stadium, Cleckheaton WF15 6LW	. I	1.1	·	1		Sounthorna & District AC	Quibell Park, Scunthorpe	DN17 1CD
3 Grantham AC 6 Skyrac Athletic Club 3 Sunday, 14 July 2019 Skyrac Athletic Club Princess Mary Stadium, Cleckheaton WF15 6LW		Lincon		2		<u> </u>		
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	- Grantnam AC	Skyrad	ATRIETIC CIUD	4	Saturday, 10 August 2019	Skyrac Athletic Club Boston & District AC	Princess Royal Sports Arena, Boston	WF15 6LW PE21 7PB

NORTH OF ENGLAND TRACK AND FIELD LEAGUE -STRUCTURE AND VENUES FOR 2019

<u> Last Updated</u>			Wednesday, 27 February 2019			Venue confirmed	Post Code						
					Vacancy								
1	Division 3W	4	Divisional Secretary:	Callere Charlism Describ									
1	Crewe and Nantwich AC		Macclesfield Harriers & AC	1	Sunday, 19 May 2019	Deeside AAC	College Stadium, Deeside	CH5 4BR					
			Manchester Harriers & AC	2	Sunday, 16 June 2019	Liverpool Harriers & AC	Wavertree Athletics Centre, Liverpool	L15 4LE					
3	Liverpool Harriers & AC	6	St Helens Sutton AC	3	Sunday, 14 July 2019	Macclesfield Harriers & AC	Macclesfield Leisure Centre	SK10 4AF					
				4	Saturday, 10 August 2019	Manchester Harriers & AC	Sports City, Manchester	M11 3FF					
Division 3WC Divisional Secretary: Helen Vaughan (Bury AC)													
1	Border Harriers & AC	4	East Cheshire Harriers & Tameside AC	1	Sunday, 19 May 2019	Border Harriers & AC	Sheepmount Athletics Stadium, Carlisle	CA3 8XL					
2	Burnley AC		Kendal Amateur Athletic Club	2	Sunday, 16 June 2019	Trafford Athletic Club	Longford Park Stadium, Trafford	M21 9TA					
	Bury Athletic Club		Trafford Athletic Club	3	Sunday, 14 July 2019	Bury Athletic Club	Market St., Bury	BL9 9FX					
					Saturday, 10 August 2019	East Cheshire Harriers & Tameside AC	Richmond St., Ashton-under-Lyne	OL7 9HG					
	Division 4E		Divisional Secretary:		Louise Kelly (Tyne Bridge Harriers)								
1	Blaydon Harriers\Elswick	5	Houghton & Jarrow & Heppburn	1	Sunday, 19 May 2019	Scarborough Athletic Club	University of York Sports Centre	YO10 5NA					
2			Scarborough Athletic Club	2	Sunday, 16 June 2019	Darlington H & AC	Eastbourne Sports Complex, Darlington	DL1 1∐					
3	Durham City Harriers & AC	7	Tyne Bridge Harriers	3	Sunday, 14 July 2019	Durham City Harriers & AC	Churchill Playing Field, Whitley Bay	NE26 3NT					
4	Heaton Harriers & AC			4	Saturday, 10 August 2019		Monkton Stadium, Jarrow	NE32 5NJ					
	Division 4EC		Divisional Secretary:		David Own (Longwood)								
1	Bamsley Athletic Club	5	Penistone Footpath Runners & Athletic Club	1	Sunday, 19 May 2019	Newark AC	South Kesteven Stadium, Grantham	NG31 7XQ					
2	Cleethorpes & Distrcit AC	6	Pontefract AC	2	Sunday, 16 June 2019	Longwood Harriers & AC	Princess Mary Stadium, Cleckheaton	WF15 6LW					
3	Longwood Harriers AC	7	Rushcliffe AC	3	Sunday, 14 July 2019	Pontefract AC	Dorothy Hyman Stadium, Cudworth	S72 8LH					
4	Newark AC	8	Worksop Harriers	4	Saturday, 10 August 2019	Penistone Footpath Runners & Athletic Club	Dorothy Hyman Stadium, Cudworth	S72 8LH					
	Division 4W		Divisional Secretary:		Mark Gaughan (Halifax)								
1	Altrincham & District Athletic Club Ltd	5	Oldham & Royton H & AC	1	Sunday, 19 May 2019	Altrincham & District Athletic Club Ltd	Longford Park Stadium, Trafford	M21 9TA					
2	Bradford Airedale AC	6	Pendle Athletic Club	2	Sunday, 16 June 2019	Oldham & Royton H & AC	Radclyffe Athletics Centre, Oldham	OL9 OLS					
3	Halifax Harriers & AC	7	Salford Metropolitan AC	3	Sunday, 14 July 2019	Wrexham AC	Queensway Stadium, Wrexham	LL13 8UH					
4	Horwich and Chorley	8	Wrexham AC	4	Saturday, 10 August 2019	Pendle Athletic Club	UCLan Sports Arena, Preston	PR2 1SG					
								_					
	Division 1 Promotion Match					-							
1		4	-		Saturday, 24 August 2019		@ Doncaster	DN4 5JW					
2		5		OR	Sunday, 25 August 2019								
3		6											