

CROSS COUNTRY AND ROAD RELAY SEASON 2007-2008
INFORMATION SHEET SEPTEMBER 2007 TO APRIL 2008

THIS INFORMATION SHEET IS BASED GENERALLY ON LAST YEARS FIXTURES, THEREFORE ONCE WE RECEIVE ENTRY FORMS ETC THERE MIGHT BE CHANGES TO THAT EVENT. YOUR TEAM MANAGER WILL ENDEAVOUR TO KEEP YOU INFORMED OF ANY CHANGES. BUT IF IN DOUBT ASK.

MAJOR FIXTURES - CROSS COUNTRY

LONDON CHAMPIONSHIPS	08 DEC	SOUTHERN CHAMPIONSHIPS	26 JAN
NATIONAL CHAMPIONSHIPS	23 FEB	WORLD CHAMPIONSHIPS	30 MAR
METROPOLITAN LEAGUE	13 OCT	10 NOV	24 NOV
CHILTERN LEAGUE	13 OCT	10 NOV	01 DEC
NORTH WEST LONDON LEAGUE	13 OCT	01 DEC	TBC
			TBC
			TBC

MAJOR FIXTURES - ROAD RELAYS

SOUTHERN MENS 6 STAGE	29 SEP	SOUTHERN MENS MASTERS	29 SEP
SOUTHERN WOMENS 4 STAGE	30 SEP	SOUTHERN WOMENS MASTERS	30 SEP
SOUTHERN YOUNG ATHLETES	30 SEP		
NATIONAL MENS 6 STAGE	20 OCT	NATIONAL WOMENS 4 STAGE	20 OCT
NATIONAL YOUNG ATHLETES	21 OCT		
SOUTHERN MENS 12 STAGE	06 APR	SOUTHERN WOMENS 6 STAGE	06 APR
NATIONAL MENS 12 STAGE	26 APR	NATIONAL WOMENS 6 STAGE	26 APR

METROPOLITAN LEAGUE

FOLLOWING THE AGM IN APRIL OF THIS YEAR, CHANGES FOR THIS SEASON ARE AS FOLLOWS ;

TIMETABLE AND REVISED DISTANCES (START TIMES ARE FOR ALL 5 RACES)

	1.15	3Km	UNDER 13 BOYS
	1.17	3Km	UNDER 13 GIRLS
NOT BEFORE	1.35	4Km	UNDER 17 MEN, UNDER 15 BOYS
NOT BEFORE	1.37	4Km	UNDER 17 WOMEN, UNDER 15 GIRLS
NOT BEFORE	1.55	6Km	SENIOR WOMEN INCLUDING VETERANS
NOT BEFORE	2.30	8Km	SENIOR MEN INCLUDING VETERANS

AGE GROUPS IN THE UNDER 17 MEN/UNDER 15 BOYS, UNDER 17 WOMEN/UNDER 15 GIRLS, PLUS FIVE YEAR CATEGORIES FOR VETERANS WILL BE MARKED IN THE RESULTS. THIS REQUIRES TEAM MANAGERS TO RECORD THESE ON THE DECLARATION SHEET. THIS WILL ONLY BE REQUIRED ONCE FOR EACH ATHLETE DURING THE SEASON, EXCEPT IF VETERANS REACH A FIVE YEAR BIRTHDAY.

THE SENIOR MENS RACE WILL BE RUN AS PRESENT BUT THE LEAGUE TABLE WILL BE SPLIT INTO TWO DIVISIONS. WITH 15 TEAMS IN DIVISION 1 (INCLUDING THE STRIPES), AND THE REMAINING 8 TEAMS INCLUDING "B" TEAMS WILL BE IN DIVISION 2.

FINALLY SECOND CLAIM ATHLETES WILL NOW BE PERMITTED TO SCORE THIS SEASON, PROVIDING THEY ARE REGISTERED WITH THE LEAGUE (GAVIN COLLETT) BY THE 30TH SEPTEMBER 2007. THE LIST WILL BE CIRCULATED TO ALL TEAMS PRIOR TO THE FIRST FIXTURE.

CHILTERN LEAGUE

A REVIEW HAS BEEN UNDERTAKEN ON THE CHILTERN OR METROPOLITAN LEAGUE, AND IT WAS FELT THAT FOR THE YOUNGER WOMEN AGE GROUPS U/11, U/13, U/15 AND U/17 THAT THEY SHOULD COMPETE IN THE CHILTERN LEAGUE, WHICH FOR THOSE AGE GROUPS HAS STRENGTH IN DEPTH AND WILL BE BENEFICIAL FOR THEIR DEVELOPMENT.

THE U20, SENIOR AND MASTERS WOMEN WILL STILL COMPETE IN THE METROPOLITAN LEAGUE, AND WILL BENEFIT FROM THE COMPETITION, ALSO SPURRED ON BY OUR REJUVINATED MENS TEAMS WHO OVER THE PAST 2 SEASONS WON IN 2005/2006 AND LAST SEASON WERE 2ND.

CROSS COUNTRY CLUB CHAMPIONSHIP RACES

MEN

U/11 BOYS NWLL (5)
U/13 BOYS NWLL (5)
U/15 BOYS NWLL (5)
U/17 BOYS NATIONAL
JUNIORS MET LGE (3)
5 MILES SENIORS MET LGE (3)
9 MILES SENIORS SOUTHERN
MASTERS MET LGE (3)

WOMEN

U/11 GIRLS
U/13 GIRLS
U/15 GIRLS
U/17 GIRLS
JUNIORS
SENIORS
MASTERS

CROSS COUNTRY POINTS RACES

U/11 BOYS NWLL (1) NWLL (2) NWLL (3) NWLL (4) NWLL (5) HERTS
U/13 BOYS NWLL (1) NWLL (2) NWLL (3) SOUTHERN NATIONAL NWLL (5)
U/15 BOYS NWLL (1) NWLL (2) N.O.THAMES SOUTHERN NATIONAL NWLL (5)
U/17 BOYS MET LGE (1) MET LGE (2) MET LGE (3) SOUTHERN NATIONAL MET LGE (5)
JUNIORS MET LGE (1) MET LGE (2) MET LGE (3) SOUTHERN NATIONAL MET LGE (5)
SENIORS MET LGE (1) MET LGE (2) MET LGE (3) SOUTHERN NATIONAL MET LGE (5)
MASTERS MET LGE (1) MET LGE (2) MET LGE (3) SOUTHERN MET LGE (4) MET LGE (5)
BEST 4 OUT OF 6 RESULTS TO COUNT

U/11 GIRLS ALL 5 CHILTERN LEAGUES
U/13 GIRLS ALL 5 CHILTERN LEAGUES, PLUS SOUTHERN AND NATIONAL
U/15 GIRLS ALL 5 CHILTERN LEAGUES, PLUS SOUTHERN AND NATIONAL
U/17 GIRLS ALL 5 CHILTERN LEAGUES, PLUS SOUTHERN AND NATIONAL
JUNIORS ALL 5 METROPOLITAN LEAGUES, PLUS SOUTHERN AND NATIONAL
SENIORS ALL 5 METROPOLITAN LEAGUES, PLUS SOUTHERN AND NATIONAL
MASTERS ALL 5 METROPOLITAN LEAGUES, PLUS SOUTHERN AND NATIONAL
BEST 5 OUT OF 7 RESULTS TO COUNT, EXCEPT U/11GIRLS 3 OUT OF 5 TO COUNT

TEAM MANAGERS - CROSS COUNTRY

YOUNG ATHLETES BOYS

TONY SMITH
10 SHENLEY HILL
RADLETT, HERTS
WD7 7BB
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YOUNG ATHLETES GIRLS

DAVID STANMORE
55 REDDING GROVE
CROWNHILL, MILTON KEYNES
BUCKS MK8 0DH
TEL: 01908 562470

JUNIOR MEN

GEORGE HARRISON
75 GALLOWES HILL LANE
ABBOTTS LANGLEY, HERTS
WD5 0DD
TEL: 01923 263317 (H)
07957 327401 (M)

JUNIOR WOMEN

STEPHANIE PAPARIZOS
9 BERKELEY CLOSE
ABBOTTS LANGLEY, HERTS
WD5 0XA
TEL: 01923 680774 (H)
07808 776186 (M)

SENIOR MEN AND WOMEN

SIMON KEENE
BRUNOAK, 33 CROSS LANES
CHALFONT ST PETER, BUCKS
SL9 0LU
TEL: 01494 874601 (H)
07860 629490 (M)
simon.keene@bt.com

MASTERS MEN

VACANT

MASTERS WOMEN

VACANT

TEAM MANAGERS - ROAD RUNNING

SENIOR MEN

TONY JACKSON
3 TRIPPS HILL CLOSE
CHALFONT ST GILES, BUCKS
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SENIOR WOMEN

BRYAN SMITH
46 TUDOR MANOR GARDENS
GARSTON, WATFORD, HERTS
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CROSS COUNTRY RACE INFORMATION

NOTE: IF A RACE IS CLASSIFIED AS "OPEN" YOU MAY RUN WITHOUT PREVIOUSLY BEING ENTERED, BUT IF A RACE IS "CHAMPIONSHIP" YOU WILL HAVE TO BE PRE-ENTERED BY YOUR RESPECTIVE TEAM MANAGER.

OVER THE PAST FEW YEARS SOME RACE DATES AND EVEN TIMES HAVE CHANGED AT SHORT NOTICE THEREFORE IT IS WORTH CHECKING WITH YOUR TEAM MANAGER ON "OPEN" RACES ONLY.

SEPTEMBER 15	ST ALBANS RELAY	OPEN
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JSM MALE AND FEMALE. WESTMINSTER LODGE, ST ALBANS. RACE IS 2.5 MILES WITH 6 RUNNERS IN A MENS TEAM AND 4 RUNNERS FOR LADIES. PLEASE BE AT THE START/FINISH BY THE NETBALL COURTS NO LATER THAN 2.00, RACE STARTS AT 2.45. PLEASE ADVISE SIMON IF YOU INTEND RUNNING.

OCTOBER 06	HORSENDEN RELAYS	OPEN
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JSM MALE AND FEMALE. HORSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT THE PERIVALE COMMUNITY CENTRE, HORSENDEN LANE SOUTH. RACE IS 2.25 MILES WITH 6 RUNNERS IN A MENS TEAM AND 3 RUNNERS FOR LADIES. RACE STARTS AT 2.45. NUMBERS WILL BE GIVEN OUT AT THE START AREA. PLEASE ADVISE SIMON OR BRYAN IF YOU INTEND RUNNING.

OCTOBER 06	NORTH WEST LONDON LEAGUE (1)	OPEN
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MALE AND FEMALE. HORSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT THE PERIVALE COMMUNITY CENTRE, HORSENDEN LANE SOUTH. 1ST RACE STARTS AT 1.15. NUMBERS WILL BE GIVEN OUT AT THE START AREA. PLEASE ADVISE TONY IF YOU INTEND RUNNING.

OCTOBER 13	METROPOLITAN LEAGUE (1)	OPEN
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ALL AGE GROUPS MALE AND FEMALE. CHANGING IS AT HILLINGDON AC CLUBHOUSE, AT THE TOP OF BURY STREET, RUISLIP. THE COURSE IS AT RUISLIP LIDO A SHORT JOG AWAY WHERE NUMBERS WILL BE GIVEN OUT AT THE START AREA. SEE ABOVE FOR START TIMES AND DISTANCES

OCTOBER 13	CHILTERN LEAGUE (1)	OPEN
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U/11, U/13, U/15 & U/17 WOMEN. CASSIOBURY PARK, WATFORD. CONTACT DAVID FOR START TIMES AND DIRECTIONS.

OCTOBER 20	LIDDIARD TROPHY	OPEN
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JSM MALE. COURSE IS AT FRYENT OPEN SPACE, KINGSBURY, LONDON NW9. THE ENTRANCE TO COURSE IS AT THE JUNCTION OF SLOUGH LANE/SALMON STREET. RACE STARTS AT 2.30. PLEASE CONTACT SIMON TO CONFIRM THE START TIME.

NOVEMBER 03	NATIONAL RELAYS	CHAMPIONSHIP
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MALE AND FEMALE. MANSFIELD OR STAFFORD. PLEASE CONTACT SIMON FOR TRAVEL ARRANGEMENTS AND START TIMES.

NOVEMBER 03	NORTH LONDON	CHAMPIONSHIP
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JSM MALE. HORSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT THE PERIVALE COMMUNITY CENTRE, HORSENDEN LANE SOUTH. 1ST RACE STARTS AT 1.15. NUMBERS WILL BE GIVEN OUT AT THE START AREA. PLEASE ADVISE TONY IF YOU INTEND RUNNING.

NOVEMBER 10	METROPOLITAN LEAGUE (2)	OPEN
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ALL AGE GROUPS MALE AND FEMALE. CHANGING IS AT WOODFORD GREEN TRACK, CHIGWELL ROAD. COURSE IS A 10 MINUTE JOG AWAY AND THIS IS WHERE THE NUMBERS WILL BE GIVEN OUT. SEE ABOVE FOR START TIMES AND DISTANCES

NOVEMBER 10	CHILTERN LEAGUE (2)	OPEN
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U/11, U/13, U/15 & U/17 WOMEN. CONTACT DAVID FOR VENUE, START TIMES AND DIRECTIONS

NOVEMBER 17	NORTH OF THE THAMES	CHAMPIONSHIP
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VENUE TO BE ADVISED, BUT PROBABLY KINGSBURY.

NOVEMBER 24	METROPOLITAN LEAGUE (3)	OPEN
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MALE AND FEMALE. SEFTON PARK, LIVERPOOL

MARCH 15 **INTER-COUNTIES CHAMPIONSHIPS** **CHAMPIONSHIP**

MALE AND FEMALE. WOLLATON PARK, NOTTINGHAM AND WILL INCORPORATE THE WORLD CHAMPIONSHIP TRIALS.

MARCH 30 **WORLD CHAMPIONSHIPS** **CHAMPIONSHIP**

MALE AND FEMALE. HOLYROOD PARK, EDINBURGH, SCOTLAND

M=U/11B, C=U/13B, B=U/13B, Y=U/17B, J=JUNIORS, S=SENIORS, V=MASTERS

ROAD RELAY RACE INFORMATION

SEPTEMBER 16 **MIDDLESEX AND HERTS CHAMPIONSHIPS** **CHAMPIONSHIP**

CHECK WITH TONY FOR ENTRIES

SEPTEMBER 22 **SOUTHERN 6 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**

JS MALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT TONY IF YOU WISH TO RUN.

SEPTEMBER 22 **SOUTHERN MASTERS CHAMPIONSHIPS** **CHAMPIONSHIP**

MALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT YOUR TEAM MANAGER IF YOU WISH TO RUN.

SEPTEMBER 23 **SOUTHERN 4 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**

JS FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT BRYAN IF YOU WISH TO RUN.

SEPTEMBER 23 **SOUTHERN MASTERS CHAMPIONSHIPS** **CHAMPIONSHIP**

FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT RAY IF YOU WISH TO RUN.

SEPTEMBER 23 **SOUTHERN YOUNG ATHLETES CHAMPIONSHIPS** **CHAMPIONSHIP**

MALE AND FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT TONY OR DAVID IF YOU WISH TO RUN.

OCTOBER 20 **NATIONAL 6 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**

JS MALE. SUTTON PARK, BIRMINGHAM. CONTACT TONY ON YOUR AVAILABILITY, OF COURSE WE NEED TO QUALIFY AT THE SOUTHERN CHAMPIONSHIPS.

OCTOBER 20 **NATIONAL 4 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**

JS FEMALE. SUTTON PARK, BIRMINGHAM. CONTACT BRYAN ON YOUR AVAILABILITY, OF COURSE WE NEED TO QUALIFY AT THE SOUTHERN CHAMPIONSHIPS.

OCTOBER 21 **NATIONAL YOUNG ATHLETES CHAMPIONSHIPS** **CHAMPIONSHIP**

MALE AND FEMALE. SUTTON PARK, BIRMINGHAM. CONTACT TONY OR DAVID ON YOUR AVAILABILITY,

APRIL 06 **SOUTHERN 12 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**

JS MALE. OPEN UNIVERSITY, MILTON KEYNES. CONTACT TONY ON YOUR AVAILABILITY,

APRIL 06 **SOUTHERN 6 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**

JS FEMALE. OPEN UNIVERSITY, MILTON KEYNES. CONTACT BRYAN ON YOUR AVAILABILITY,

APRIL 26 **NATIONAL 12 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**

JS MALE. SUTTON PARK, BIRMINGHAM. CONTACT TONY ON YOUR AVAILABILITY,

APRIL 26 **NATIONAL 6 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**

JS FEMALE. SUTTON PARK, BIRMINGHAM. CONTACT BRYAN ON YOUR AVAILABILITY,

LONDON MARATHON

APRIL 13 **LONDON MARATHON** **OPEN**

MALE AND FEMALE.

APRIL 13 **LONDON MARATHON MINI MARATHONS** **OPEN**

MALE AND FEMALE. LOWER THAMES STREET, NEAR CANNON STREET STATION. SHAFTESBURY ORGANISE THE ARRIVAL THEN STARTING OF ALL 6 RACES. WE NEED AS MANY VOLUNTEERS AS POSSIBLE, THEREFORE PLEASE CONTACT TONY SUNDERLAND ON 0208 8661533 OR 07903251034.