

CROSS COUNTRY FIXTURES

SEPTEMBER			
20	ST ALBANS RELAY	ST ALBANS	M&F
OCTOBER			
4	HORSENDEN RELAY	HORSENDEN HILL	M&F
4	NW LONDON LEAGUE(1)	HORSENDEN HILL	M&F
11	METROPOLITAN LEAGUE (1)	CLAYBURY	M&F
11	CHILTERN LEAGUE (1)	WATFORD	M&F
18	LIDDIARD TROPHY	KINGSBURY	M
18	NW LONDON LEAGUE(2)	ALEXANDRA PALACE	M&F
NOVEMBER			
1	NATIONAL RELAYS	MANSFIELD	M&F
8	METROPOLITAN LEAGUE (2)	WORMWOOD SCRUBS	M&F
8	CHILTERN LEAGUE (2)	TBA	M&F
15	NORTH LONDON	RUISLIP	M&F
	CLUB ANNUAL GENERAL MEETING	COPTHALL	
29	METROPOLITAN LEAGUE (3)	RUISLIP	M&F
DECEMBER			
6	LONDON CHAMPIONSHIPS	PARLIAMENT HILL	M&F
6	FRATERNITY CUP	TRENT PARK	M&F
6	NW LONDON LEAGUE(3)	TRENT PARK	M&F
6	CHILTERN LEAGUE (3)	TBA	M&F
13	NORTH OF THE THAMES	TBA	M&F
14	EUROPEAN CHAMPIONSHIPS	TBA	M&F
26	BOXING DAY RUN	COPTHALL	M&F
JANUARY			
3	CHILTERN LEAGUE (4)	WING	M&F
10	MIDDX CHAMPIONSHIPS		M&F
	HERTS CHAMPIONSHIPS		M&F
17	METROPOLITAN LEAGUE (4)	ST ALBANS	M&F
24	SOUTHERN CHAMPIONSHIPS	HILLINGDON	M&F
31	SOUTHERN INTER-COUNTIES	BIGGLESWADE	M&F
FEBRUARY			
7	NW LONDON LEAGUE(4)	COPTHALL	M&F
7	MIDDX & SOUTHERN MASTERS	RUISLIP	M&F
14	METROPOLITAN LEAGUE (5)	HORSENDEN HILL	M&F
14	CHILTERN LEAGUE (5)	LUTON	M&F
21	NATIONAL CHAMPIONSHIPS	PARLIAMENT HILL	M&F
MARCH			
7	INTER-COUNTIES CHAMPIONSHIPS	NOTTINGHAM	M&F
21	ENGLISH SCHOOLS CHAMPIONSHIPS		M&F
28	NW LONDON LEAGUE(5)	WORMWOOD SCRUBS	M&F
29	WORLD CHAMPIONSHIPS	JORDAN	M&F

ROAD & ROAD RELAY FIXTURES

SEPTEMBER			
14	MIDDLESEX & HERTS YA RELAYS	HAYES	M&F
27	SOUTHERN MENS 6 STAGE RELAY	ALDERSHOT	M
27	SOUTHERN MENS MASTERS RELAY	ALDERSHOT	M
28	SOUTHERN YA RELAYS	ALDERSHOT	M&F
28	SOUTHERN WOMENS 4 STAGE RELAY	ALDERSHOT	F
28	SOUTHERN WOMENS MASTERS 4 STAGE RELAY	ALDERSHOT	F
OCTOBER			
18	NATIONAL MENS 6 STAGE RELAY	SUTTON PARK	M
18	NATIONAL WOMENS 4 STAGE RELAY	SUTTON PARK	F
19	NATIONAL YA RELAYS	SUTTON PARK	M&F
APRIL			
5	SOUTHERN MENS 12 STAGE RELAY	MILTON KEYNES	M
5	SOUTHERN WOMENS 6 STAGE RELAY	MILTON KEYNES	F
18	NATIONAL MENS 12 STAGE RELAY	SUTTON PARK	M
18	NATIONAL WOMENS 6 STAGE RELAY	SUTTON PARK	F
26	FLORA LONDON MARATHON	LONDON	M&F
26	ADDIDAS MINI MARATHON	LONDON	M&F

PLEASE SEE SEPARATE INFORMATION SHEET FOR DETAILS ON MENS AND WOMENS CROSS COUNTRY CLUB CHAMPIONSHIP RACES.