

INFORMATION SHEET FOR CROSS COUNTRY AND ROAD RELAYS

SEPTEMBER 2008 TO APRIL 2009

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	DEC 06	SOUTHERN CHAMPIONSHIPS	JAN 24
NATIONAL CHAMPIONSHIPS	FEB 21	WORLD CHAMPIONSHIPS	MAR 29
METROPOLITAN LEAGUE	OCT 11	NOV 08 NOV 29 JAN 17	FEB 14
CHILTERN LEAGUE	OCT 11	NOV 08 DEC 06 JAN 03	FEB 14
NORTH WEST LONDON LEAGUE	OCT 04	OCT 25 DEC 06 FEB 07	MAR 28

MAJOR FIXTURES - ROAD RELAYS

SOUTHERN MENS 6 STAGE	SEP 27	SOUTHERN MENS MASTERS	SEP 27
SOUTHERN WOMENS 4 STAGE	SEP 28	SOUTHERN WOMENS MASTERS	SEP 28
SOUTHERN YOUNG ATHLETES	SEP 28		
NATIONAL MENS 6 STAGE	OCT 18	NATIONAL WOMENS 4 STAGE	OCT 18
NATIONAL YOUNG ATHLETES	OCT 19		
SOUTHERN MENS 12 STAGE	APR 05	SOUTHERN WOMENS 6 STAGE	APR 05
NATIONAL MENS 12 STAGE	APR 18	NATIONAL WOMENS 6 STAGE	APR 18

METROPOLITAN LEAGUE - TIMETABLE AND 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 ONE RACE, AND WILL INCLUDE 15 TEAMS WHO WILL MAKE UP DIVISION 1. THE REMAINING TEAMS WILL COMPETE FOR 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 26TH SEPTEMBER 2008. THE LIST WILL BE CIRCULATED TO ALL TEAMS PRIOR TO THE SECOND FIXTURE.

CHILTERN LEAGUE

GENERALLY OUR YOUNGER WOMEN AGE GROUPS U/11, U/13, U/15 AND U/17 COMPETE IN THE CHILTERN LEAGUE AND BECAUSE THOSE AGE GROUPS HAS STRENGTH IN DEPTH WE FEEL THIS WILL BE BENEFICIAL FOR THEIR DEVELOPMENT FOR THE FUTURE.

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 SEASONS WON IN 2005/2006, 2ND IN 2006/2007 AND AGAIN LAST SEASON WE CLAIMED THE TITLE BACK WITH A TREMENDOUS TURNOUT AT ALL 5 FIXTURES.

CROSS COUNTRY CLUB CHAMPIONSHIP RACES

MEN

U/11 BOYS	NW LONDON LEAGUE MAR 28
U/13 BOYS	NATIONAL CHAMPIONSHIPS
U/15 BOYS	NATIONAL CHAMPIONSHIPS
U/17 BOYS	NATIONAL CHAMPIONSHIPS
JUNIORS	METROPOLITAN LEAGUE NOV 29
5 MILES SENIORS	METROPOLITAN LEAGUE NOV 29
9 MILES SENIORS	SOUTHERN CHAMPIONSHIPS
MASTERS	METROPOLITAN LEAGUE NOV 29

WOMEN

U/11 GIRLS	CHILTERN LEAGUE FEB 14
U/13 GIRLS	SOUTHERN CHAMPIONSHIPS
U/15 GIRLS	SOUTHERN CHAMPIONSHIPS
U/17 GIRLS	SOUTHERN CHAMPIONSHIPS
JUNIORS	SOUTHERN CHAMPIONSHIPS
SENIORS	SOUTHERN CHAMPIONSHIPS
MASTERS	SOUTHERN CHAMPIONSHIPS

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)	N.O.THAMES	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/11 GIRLS 3 OUT OF 5 TO COUNT

TEAM MANAGERS - CROSS COUNTRY

TO ASSIST US IN THE FUTURE COULD YOU PLEASE ADVISE YOUR TEAM MANAGER OF YOUR E-MAIL ADDRESS ALSO ANY CHANGES WHEN THEY OCCUR.

YOUNG ATHLETES BOYS

TONY SMITH
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RADLETT, HERTS
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YOUNG ATHLETES GIRLS

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CROWNHILL, MILTON KEYNES
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JUNIOR MEN

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

SENIOR MEN AND WOMEN

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

MASTERS MEN

VACANT

MASTERS WOMEN

VACANT

TEAM MANAGERS - ROAD RUNNING

SENIOR MEN

TONY JACKSON
3 TRIPPS HILL CLOSE
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SENIOR WOMEN

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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 20	ST ALBANS RELAY	OPEN
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 04	HORSENDEN RELAYS	OPEN
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 04	NORTH WEST LONDON LEAGUE (1)	OPEN
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 11	METROPOLITAN LEAGUE (1)	OPEN
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 PAGE 1 FOR START TIMES AND DISTANCES		
OCTOBER 11	CHILTERN LEAGUE (1)	OPEN
U/11, U/13, U/15 & U/17 WOMEN. WATFORD, HERTS. CONTACT DAVID FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.		
OCTOBER 18	NORTH WEST LONDON LEAGUE (2)	OPEN
MALE AND FEMALE. ALEXANDRA PALACE. CONTACT TONY FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.		
OCTOBER 25	LIDDIARD TROPHY	OPEN
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 01	NATIONAL RELAYS	CHAMPIONSHIP
MALE AND FEMALE. MANSFIELD OR STAFFORD. PLEASE CONTACT SIMON FOR TRAVEL ARRANGEMENTS AND START TIMES.		
NOVEMBER 08	METROPOLITAN LEAGUE (2)	OPEN
ALL AGE GROUPS MALE AND FEMALE. CHANGING IS AT WORMWOOD SCRUBS, LINFORD CHRISTIE STADIUM, OFF DU CANE ROAD, EAST ACTON. SEE PAGE 1 FOR START TIMES AND DISTANCES		
NOVEMBER 08	CHILTERN LEAGUE (2)	OPEN
U/11, U/13, U/15 & U/17 WOMEN. VENUE STILL TO BE DECIDED. CONTACT DAVID FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.		
NOVEMBER 15	NORTH LONDON	CHAMPIONSHIP
JSM MALE CHANGING IS AT HILLINGDON AC CLUBHOUSE, AT THE TOP OF BURY STREET, RUISLIP. THE COURSE WILL PROBABLY BE IN MAD BESS WOODS (PLEASE CHECK WITH SIMON) A SHORT JOG AWAY WHERE NUMBERS WILL BE GIVEN OUT AT THE START AREA.		
NOVEMBER 29	METROPOLITAN LEAGUE (3)	OPEN

ALL AGE GROUPS MALE AND FEMALE. CHANGING IS AT HILLINGDON AC CLUBHOUSE, AT THE TOP OF BURY STREET, RUISLIP. PLEASE CHECK WITH SIMON FOR THE COURSE DIRECTIONS, WHICH IS A SHORT JOG AWAY, AND NUMBERS WILL BE GIVEN OUT AT THE START AREA.
SEE PAGE 1 FOR START TIMES AND DISTANCES

DECEMBER 06	FRATERNITY CUP	OPEN
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JSM MALE AND FEMALE. TRENT PARK, COCKFOSTERS. CHANGING IS AT BARNET AC CLUBHOUSE, VICTORIA ROAD, NEW BARNET. THE RACE STARTS AT 2.30, AND THE NUMBERS WILL BE GIVEN OUT AT THE COURSE.

DECEMBER 06	NORTH WEST LONDON LEAGUE (3)	OPEN
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MALE AND FEMALE. TRENT PARK, COCKFOSTERS. CONTACT TONY FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.

DECEMBER 06	LONDON CHAMPIONSHIPS	CHAMPIONSHIP
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JSM MALE AND FEMALE. PARLIAMENT HILL, HAMPSTEAD. NEAREST STATION IS GOSPEL OAK. PLEASE NOTIFY SIMON "NOW" IF YOU WISH TO RUN, PROVIDING YOU MEET THE ELIGIBILITY CLAUSES.

DECEMBER 06	CHILTERN LEAGUE (3)	OPEN
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U/11, U/13, U/15 & U/17 WOMEN. VENUE STILL TO BE DECIDED. CONTACT DAVID FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.

DECEMBER 13	NORTH OF THE THAMES	CHAMPIONSHIP
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DAT/VENUE TO BE ADVISED, BUT PROBABLY KINGSBURY.

DECEMBER 14	EUROPEAN CHAMPIONSHIPS	CHAMPIONSHIP
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MALE AND FEMALE. ???????????????

DECEMBER 26	BOXING DAY FUN RUN	CHAMPIONSHIP
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MALE AND FEMALE. BARNET COPTHALL CLUBHOUSE. COME AND ENJOY, IT IS NOT THE WINNING BUT COME DRESSED AS OUTRAGEOUS AS POSSIBLE.

JANUARY 03	CHILTERN LEAGUE (4)	OPEN
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U/11, U/13, U/15 & U/17 WOMEN. WING, BUCKINGHAMSHIRE. CONTACT DAVID FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.

JANUARY 10	MIDDLESEX CHAMPIONSHIPS	CHAMPIONSHIP
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MALE AND FEMALE. DATE AND VENUE TO BE DECIDED

JANUARY 11	HERTFORDSHIRE CHAMPIONSHIPS	CHAMPIONSHIP
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MALE AND FEMALE. DATE AND VENUE TO BE DECIDED

JANUARY 17	METROPOLITAN LEAGUE (4)	OPEN
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ALL AGE GROUPS MALE AND FEMALE. WESTMINSTER LODGE, ST ALBANS. NUMBERS WILL BE GIVEN OUT AT THE START AREA, UP THE HILL FROM THE NETBALL COURTS. SEE PAGE 1 FOR START TIMES/DISTANCES

JANUARY 24	SOUTHERN CHAMPIONSHIPS	CHAMPIONSHIP
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ALL AGE GROUPS MALE AND FEMALE. HILLINGDON HOUSE FARM. CONTACT YOUR TEAM MANAGER IF YOU WISH TO RUN.

FEBRUARY 07	NORTH WEST LONDON LEAGUE (3)	OPEN
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MALE AND FEMALE. COPTHALL. CONTACT TONY FOR START TIMES.

FEBRUARY 07	MIDDLESEX AND SOUTHERN MASTERS CHAMPIONSHIPS CHAMPIONSHIP
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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 IN MAD BESS WOODS A SHORT JOG AWAY WHERE NUMBERS WILL BE GIVEN OUT AT THE START AREA.

FEBRUARY 14	METROPOLITAN LEAGUE (5)	OPEN
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MALE AND FEMALE. HORSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT THE PERIVALE COMMUNITY CENTRE, HORSENDEN LANE SOUTH. NUMBERS WILL BE GIVEN OUT AT THE START. SEE PAGE 1 FOR START TIMES AND DISTANCES

FEBRUARY 14	CHILTERN LEAGUE (5)	OPEN
U/11, U/13, U/15 & U/17 WOMEN. LUTON, BEDFORDSHIRE. CONTACT DAVID FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.		

FEBRUARY 21	NATIONAL CHAMPIONSHIPS	CHAMPIONSHIP
MALE AND FEMALE. PARLIAMENT HILL, HAMPSTEAD. NEAREST STATION IS GOSPEL OAK. PLEASE CONTACT YOUR TEAM MANAGER IF YOU WISH TO RUN.		

MARCH 07	INTER-COUNTIES CHAMPIONSHIPS	CHAMPIONSHIP
MALE AND FEMALE. WOLLATON PARK, NOTTINGHAM AND WILL INCORPORATE THE WORLD CHAMPIONSHIP TRIALS.		

MARCH 21	ENGLISH SCHOOLS CHAMPIONSHIPS	CHAMPIONSHIP
MALE AND FEMALE.		

MARCH 28	NORTH WEST LONDON LEAGUE (5)	OPEN
MALE AND FEMALE. WORMWOOD WSCRUBS. CONTACT TONY FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.		

MARCH 29	WORLD CHAMPIONSHIPS	CHAMPIONSHIP
MALE AND FEMALE. JORDAN		

ROAD RELAY RACE INFORMATION

SEPTEMBER 14	MIDDLESEX AND HERTS CHAMPIONSHIPS	CHAMPIONSHIP
CHECK WITH TONY FOR ENTRIES		

SEPTEMBER 27	SOUTHERN 6 STAGE CHAMPIONSHIPS	CHAMPIONSHIP
JS MALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT TONY IF YOU WISH TO RUN.		

SEPTEMBER 27	SOUTHERN MASTERS CHAMPIONSHIPS	CHAMPIONSHIP
MALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT YOUR TEAM MANAGER IF YOU WISH TO RUN.		

SEPTEMBER 28	SOUTHERN 4 STAGE CHAMPIONSHIPS	CHAMPIONSHIP
JS FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT BRYAN IF YOU WISH TO RUN.		

SEPTEMBER 28	SOUTHERN MASTERS CHAMPIONSHIPS	CHAMPIONSHIP
FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT RAY IF YOU WISH TO RUN.		

SEPTEMBER 28	SOUTHERN YOUNG ATHLETES CHAMPIONSHIPS	CHAMPIONSHIP
MALE AND FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT TONY OR DAVID IF YOU WISH TO RUN.		

OCTOBER 18	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 18	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 19	NATIONAL YOUNG ATHLETES CHAMPIONSHIPS	CHAMPIONSHIP
MALE AND FEMALE. SUTTON PARK, BIRMINGHAM. CONTACT TONY OR DAVID ON YOUR AVAILABILITY,		

APRIL 05	SOUTHERN 12 STAGE CHAMPIONSHIPS	CHAMPIONSHIP
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JS MALE. OPEN UNIVERSITY, MILTON KEYNES. CONTACT TONY ON YOUR AVAILABILITY,

APRIL 05	SOUTHERN 6 STAGE CHAMPIONSHIPS	CHAMPIONSHIP
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JS FEMALE. OPEN UNIVERSITY, MILTON KEYNES. CONTACT BRYAN ON YOUR AVAILABILITY,

APRIL 18	NATIONAL 12 STAGE CHAMPIONSHIPS	CHAMPIONSHIP
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JS MALE. SUTTON PARK, BIRMINGHAM. CONTACT TONY ON YOUR AVAILABILITY,

APRIL 18	NATIONAL 6 STAGE CHAMPIONSHIPS	CHAMPIONSHIP
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JS FEMALE. SUTTON PARK, BIRMINGHAM. CONTACT BRYAN ON YOUR AVAILABILITY,

LONDON MARATHON

APRIL 26	LONDON MARATHON	OPEN
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MALE AND FEMALE.

APRIL 26	LONDON MARATHON MINI MARATHONS	OPEN
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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 GEOFF MORPHITIS OR BRYAN SMITH.

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