

CROSS COUNTRY FIXTURES

SEPTEMBER			
19	ST ALBANS RELAY	ST ALBANS	M&F
OCTOBER			
3	HORSENDEN RELAY	HORSENDEN HILL	M&F
3	NW LONDON LEAGUE (1)	HORSENDEN HILL	M&F
10	METROPOLITAN LEAGUE (1)	RUISLIP	M&F
10	CHILTERN LEAGUE (1)	OXFORD	M&F
24	LIDDIARD TROPHY	KINGSBURY	M
24	NW LONDON LEAGUE (2)	LOUGHTON	M&F
31	NATIONAL RELAYS	MANSFIELD	M&F
NOVEMBER			
7	METROPOLITAN LEAGUE (2)	CLAYBURY	M&F
7	CHILTERN LEAGUE (2)	TBC	M&F
14	NORTH LONDON	ALEXANDRA PALACE	M&F
21	LONDON CHAMPIONSHIPS AND SOUTHERN INTER-COUNTIES	PARLIAMENT HILL	M&F
26	CLUB ANNUAL GENERAL MEETING	COPTHALL	
28	METROPOLITAN LEAGUE (3)	WORMWOOD SCRUBS	M&F
DECEMBER			
5	FRATERNITY CUP MEN/SORORITY CUP WOMEN	TRENT PARK	M&F
5	NW LONDON LEAGUE (3)	TRENT PARK	M&F
5	CHILTERN LEAGUE (3)	TBC	M&F
12	NORTH OF THE THAMES	KINGSBURY	M&F
13	EUROPEAN CHAMPIONSHIPS	DUBLIN	M&F
26	BOXING DAY RUN	COPTHALL	M&F
JANUARY			
9	MIDDX CHAMPIONSHIPS	RUISLIP	M&F
10	HERTS CHAMPIONSHIPS	ST ALBANS	M&F
16	METROPOLITAN LEAGUE (4)	STEVENAGE	M&F
16	CHILTERN LEAGUE (4)	SHUTTLEWORTH	
30	SOUTHERN CHAMPIONSHIPS	PARLIAMENT HILL	M&F
FEBRUARY			
6	NW LONDON LEAGUE (4)	COPTHALL TBC	M&F
13	METROPOLITAN LEAGUE (5)	HORSENDEN HILL	M&F
13	CHILTERN LEAGUE (5)	WING	M&F
27	NATIONAL CHAMPIONSHIPS	LEEDS	M&F
MARCH			
6	NW LONDON LEAGUE (5)	WORMWOOD SCRUBS	M&F
13	INTER-COUNTIES CHAMPIONSHIPS	NOTTINGHAM	M&F
14	SOUTHERN, HERTFORDSHIRE AND MIDDLESEX MASTERS	TRENT PARK	M&F
20	ENGLISH SCHOOLS CHAMPIONSHIPS	MANCHESTER	M&F
27	WORLD CHAMPIONSHIPS	POLAND	M&F
27	HOME COUNTRIES INTERNATIONAL	MANSFIELD	M&F

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

ROAD & ROAD RELAY FIXTURES

SEPTEMBER			
13	MIDDLESEX & HERTS YA RELAYS	HAYES	M&F
26	SOUTHERN YA RELAYS	ALDERSHOT	M&F
26	SOUTHERN WOMENS 4 STAGE RELAY	ALDERSHOT	F
26	SOUTHERN WOMENS MASTERS 4 STAGE RELAY	ALDERSHOT	F
27	SOUTHERN MENS 6 STAGE RELAY	ALDERSHOT	M
27	SOUTHERN MENS MASTERS RELAY	ALDERSHOT	M
OCTOBER			
4	SOUTHERN 10KM ROAD CHAMPIONSHIPS	CRYSTAL PALACE	M&F
17	NATIONAL MENS 6 STAGE RELAY	SUTTON PARK	M
17	NATIONAL WOMENS 4 STAGE RELAY	SUTTON PARK	F
18	NATIONAL YA RELAYS	SUTTON PARK	M&F
25	ENGLAND 10 MILE ROAD CHAMPIONSHIPS	PORTSMOUTH	M&F
MARCH			
21	SOUTHERN MENS 12 STAGE RELAY	MILTON KEYNES	M
21	SOUTHERN WOMENS 6 STAGE RELAY	MILTON KEYNES	F
APRIL			
17	NATIONAL MENS 12 STAGE RELAY	SUTTON PARK	M
17	NATIONAL WOMENS 6 STAGE RELAY	SUTTON PARK	F
25	VIRGIN LONDON MARATHON	LONDON	M&F
25	VIRGIN MINI LONDON MARATHON	LONDON	M&F

INDOOR EVENTS

DECEMBER			
13	OPEN MEETING	LEE VALLEY	M&F
20	MINITHON	LEE VALLEY	M&F
JANUARY			
3	OPEN MEETING	LEE VALLEY	M&F
10	SEAA CHAMPIONSHIPS DAY 1	LEE VALLEY	M&F
16/17	SEAA CHAMPIONSHIPS DAYS 2 & 3	LEE VALLEY	M&F
30/31	LONDON INDOOR GAMES	LEE VALLEY	M&F
FEBRUARY			
7	McCAIN INTER CITY CHALLENGE		M&F
14	WORLD INDOOR TRIALS		M&F
14	SOUTHERN COUNTIES MASTERS CHAMPS	LEE VALLEY	M&F
27	McCAIN INTER CITY CHALLENGE		M&F
MARCH			
7	MIDDLESEX CHAMPIONSHIPS	LEE VALLEY	M&F
27/28	BRITISH MASTERS CHAMPIONSHIPS	LEE VALLEY	M&F

INFORMATION SHEET ALSO GIVES DETAILS ON AGE GROUPS, VENUES AND START
TIMES FOR THE MAJORITY OF CROSS COUNTRY AND ROAD RACES.