

## INFORMATION SHEET FOR CROSS COUNTRY AND ROAD RELAYS

### SEPTEMBER 2009 TO APRIL 2010

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	NOV 21	SOUTHERN CHAMPIONSHIPS	JAN 30		
NATIONAL CHAMPIONSHIPS	FEB 27	WORLD CHAMPIONSHIPS	MAR 27		
METROPOLITAN LEAGUE	OCT 10	NOV 07	NOV 28	JAN 16	FEB 13
CHILTERN LEAGUE	OCT 10	NOV 07	DEC 05	JAN 16	FEB 13
NORTH WEST LONDON LEAGUE	OCT 03	OCT 24	DEC 05	FEB 06	MAR 06

#### MAJOR FIXTURES - ROAD RELAYS

SOUTHERN WOMENS 4 STAGE	SEP 26	SOUTHERN WOMENS MASTERS	SEP 26
SOUTHERN YOUNG ATHLETES	SEP 26		
SOUTHERN MENS 6 STAGE	SEP 27	SOUTHERN MENS MASTERS	SEP 27
NATIONAL MENS 6 STAGE	OCT 17	NATIONAL WOMENS 4 STAGE	OCT 17
NATIONAL YOUNG ATHLETES	OCT 18		
SOUTHERN MENS 12 STAGE	MAR 21	SOUTHERN WOMENS 6 STAGE	MAR 21
NATIONAL MENS 12 STAGE	APR 17	NATIONAL WOMENS 6 STAGE	APR 17

#### 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.

#### 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.

#### CROSS COUNTRY CLUB CHAMPIONSHIP RACES

##### MEN

U/11 BOYS	HERTFORDSHIRE CHAMPIONSHIPS
U/13 BOYS	SOUTHERN CHAMPIONSHIPS
U/15 BOYS	SOUTHERN CHAMPIONSHIPS
U/17 BOYS	SOUTHERN CHAMPIONSHIPS
JUNIORS	METROPOLITAN LEAGUE NOV 28
5 MILES SENIORS	METROPOLITAN LEAGUE NOV 28
9 MILES SENIORS	SOUTHERN CHAMPIONSHIPS
MASTERS	METROPOLITAN LEAGUE NOV 28

##### WOMEN

U/11 GIRLS	CHILTERN LEAGUE
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/11GIRLS 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  
10 SHENLEY HILL  
RADLETT, HERTS  
WD7 7BB  
TEL: 01923 855133  
[anthony.smith694@ntlworld.com](mailto:anthony.smith694@ntlworld.com)

### YOUNG ATHLETES GIRLS

DAVID STANMORE  
55 REDDING GROVE  
CROWNHILL, MILTON KEYNES  
BUCKS MK8 0DH  
TEL: 01908 562470  
[dstanmore@shire.com](mailto:dstanmore@shire.com)

### 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)  
07860 629490 (M)  
[simon.keene@bt.com](mailto: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  
HP8 4JZ  
TEL: 01494 583600 (H)  
07779 653101 (M)  
[jac.consultants@ntlworld.com](mailto:jac.consultants@ntlworld.com)

### SENIOR WOMEN

SIMON KEENE  
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CHALFONT ST PETER, BUCKS  
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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 19

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.

<b>OCTOBER 03</b>	<b>HORSENDEN RELAYS</b>	<b>OPEN</b>
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 AND TO CONFIRM START TIMES.		
<b>OCTOBER 03</b>	<b>NORTH WEST LONDON LEAGUE (1)</b>	<b>OPEN</b>
YOUNG ATHLETES MALE AND FEMALE. HORSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT THE PERIVALE COMMUNITY CENTRE, HORSENDEN LANE SOUTH. CONTACT YOUR TEAM MANAGER FOR RACE AND TRAVEL ARRANGEMENTS		
<b>OCTOBER 10</b>	<b>METROPOLITAN LEAGUE (1)</b>	<b>OPEN</b>
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		
<b>OCTOBER 10</b>	<b>CHILTERN LEAGUE (1)</b>	<b>OPEN</b>
U/11, U/13, U/15 & U/17 WOMEN. OXFORD. CONTACT DAVID FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.		
<b>OCTOBER 24</b>	<b>LIDDIARD TROPHY</b>	<b>OPEN</b>
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.		
<b>OCTOBER 24</b>	<b>NORTH WEST LONDON LEAGUE (2)</b>	<b>OPEN</b>
YOUNG ATHLETES MALE AND FEMALE. LOUGHTON, ESSEX. CONTACT YOUR TEAM MANAGER FOR RACE AND TRAVEL ARRANGEMENTS		
<b>OCTOBER 31</b>	<b>NATIONAL RELAYS</b>	<b>CHAMPIONSHIP</b>
MALE AND FEMALE. MANSFIELD OR STAFFORD. PLEASE CONTACT SIMON FOR TRAVEL ARRANGEMENTS AND START TIMES.		
<b>NOVEMBER 07</b>	<b>METROPOLITAN LEAGUE (2)</b>	<b>OPEN</b>
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		
<b>NOVEMBER 07</b>	<b>CHILTERN LEAGUE (2)</b>	<b>OPEN</b>
U/11, U/13, U/15 & U/17 WOMEN. VENUE STILL TO BE DECIDED. CONTACT DAVID FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.		
<b>NOVEMBER 14</b>	<b>NORTH LONDON</b>	<b>CHAMPIONSHIP</b>
JSM MALE. POSSIBLY AT ALEXANDRA PALACE. PLEASE CONTACT SIMON IF YOU WISH TO RUN.		
<b>NOVEMBER 21</b>	<b>LONDON CHAMPIONSHIPS</b>	<b>CHAMPIONSHIP</b>
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. ALSO INCORPORATED IS THE SOUTHERN INTER-COUNTIES.		
<b>NOVEMBER 26</b>	<b>ANNUAL GENERAL MEETING</b>	<b>OPEN</b>
TO BE HELD AT BARNET COPTHALL STADIUM		
<b>NOVEMBER 28</b>	<b>METROPOLITAN LEAGUE (3)</b>	<b>OPEN</b>
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.		
<b>DECEMBER 05</b>	<b>FRATERNITY CUP</b>	<b>OPEN</b>
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.		

<b>DECEMBER 05</b>	<b>NORTH WEST LONDON LEAGUE (3)</b>	<b>OPEN</b>
YOUNG ATHLETES MALE AND FEMALE. TRENT PARK, COCKFOSTERS. CONTACT YOUR TEAM MANAGER FOR RACE AND TRAVEL ARRANGEMENTS.		
<b>DECEMBER 05</b>	<b>CHILTERN LEAGUE (3)</b>	<b>OPEN</b>
U/11, U/13, U/15 & U/17 WOMEN. VENUE STILL TO BE DECIDED. CONTACT DAVID FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.		
<b>DECEMBER 12</b>	<b>NORTH OF THE THAMES</b>	<b>CHAMPIONSHIP</b>
JSM MALE. COURSE IS AT FRYENT OPEN SPACE, KINGSBURY, LONDON NW9 ALTHOUGH STILL TO BE CONFIRMED. CONTACT SIMON IF YOU WISH TO RUN.		
<b>DECEMBER 13</b>	<b>EUROPEAN CHAMPIONSHIPS</b>	<b>CHAMPIONSHIP</b>
MALE AND FEMALE. DUBLIN, IRELAND		
<b>DECEMBER 26</b>	<b>BOXING DAY FUN RUN</b>	<b>OPEN</b>
MALE AND FEMALE. BARNET COPTHALL CLUBHOUSE. COME AND ENJOY, IT IS NOT THE WINNING BUT COME DRESSED AS OUTRAGEOUS AS POSSIBLE.		
<b>JANUARY 09</b>	<b>MIDDLESEX CHAMPIONSHIPS</b>	<b>CHAMPIONSHIP</b>
ALL AGE GROUPS MALE AND FEMALE. CHANGING IS AT HILLINGDON AC CLUBHOUSE, AT THE TOP OF BURY STREET, RUISLIP. PLEASE CHECK WITH YOUR TEAM MANAGER FOR THE COURSE DIRECTIONS, WHICH IS A SHORT JOG AWAY, AND NUMBERS WILL BE GIVEN OUT AT THE START AREA.		
<b>JANUARY 10</b>	<b>HERTFORDSHIRE CHAMPIONSHIPS</b>	<b>CHAMPIONSHIP</b>
ALL AGE GROUPS MALE AND FEMALE. ST ALBANS.		
<b>JANUARY 16</b>	<b>METROPOLITAN LEAGUE (4)</b>	<b>OPEN</b>
ALL AGE GROUPS MALE AND FEMALE. FAIRLANDS VALLEY PARK, STEVENAGE. CAR PARKING IS CLOSE TO THE SAILING CENTRE WHICH IS SIGNPOSTED AS YOU DRIVE UP SIX HILLS WAY FROM THE TOWN CENTRE. THE COURSE IS THE OTHER SIDE OF SIX HILLS WAY AND THERE IS A UNDERPASS UNDER THE ROAD. SEE PAGE 1 FOR START TIMES AND DISTANCES		
<b>JANUARY 16</b>	<b>CHILTERN LEAGUE (4)</b>	<b>OPEN</b>
U/11, U/13, U/15 & U/17 WOMEN. SHUTTLEWORTH. CONTACT DAVID FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.		
<b>JANUARY 30</b>	<b>SOUTHERN CHAMPIONSHIPS</b>	<b>CHAMPIONSHIP</b>
ALL AGE GROUPS MALE AND FEMALE. PARLIAMENT HILL, HAMPSTEAD. NEAREST STATION IS GOSPEL OAK. CONTACT YOUR TEAM MANAGER IF YOU WISH TO RUN.		
<b>FEBRUARY 06</b>	<b>NORTH WEST LONDON LEAGUE (4)</b>	<b>OPEN</b>
YOUNG ATHLETES MALE AND FEMALE. BARNET COPTHALL STADIUM ALTHOUGH STILL TO BE CONFIRMED.		
<b>FEBRUARY 13</b>	<b>METROPOLITAN LEAGUE (5)</b>	<b>OPEN</b>
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		
<b>FEBRUARY 13</b>	<b>CHILTERN LEAGUE (5)</b>	<b>OPEN</b>
U/11, U/13, U/15 & U/17 WOMEN. WING, BUCKS. CONTACT DAVID FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.		
<b>FEBRUARY 27</b>	<b>NATIONAL CHAMPIONSHIPS</b>	<b>CHAMPIONSHIP</b>
MALE AND FEMALE. ROUNDHAY PARK, LEEDS. CONTACT YOUR TEAM MANAGER IF YOU WISH TO RUN.		
<b>MARCH 06</b>	<b>NORTH WEST LONDON LEAGUE (5)</b>	<b>OPEN</b>
YOUNG ATHLETES MALE AND FEMALE. WORMWOOD SCRUBS. CONTACT YOUR TEAM MANAGER FOR RACE AND TRAVEL ARRANGEMENTS		

**MARCH 13**                    **INTER-COUNTIES CHAMPIONSHIPS**                    **CHAMPIONSHIP**  
MALE AND FEMALE. WOLLATON PARK, NOTTINGHAM AND WILL INCORPORATE THE WORLD  
CHAMPIONSHIP TRIALS.

**MARCH 14**                    **HERTS, MIDDX & SOUTHERN MASTERS CHAMPIONSHIPS CHAMPIONSHIP**  
MALE AND FEMALE. TRENT PARK, COCKFOSTERS.

**MARCH 20**                    **ENGLISH SCHOOLS CHAMPIONSHIPS**                    **CHAMPIONSHIP**  
MALE AND FEMALE. MANCHESTER

**MARCH 27**                    **WORLD CHAMPIONSHIPS**                    **CHAMPIONSHIP**  
MALE AND FEMALE. POLAND

**ROAD RELAY RACE INFORMATION**

**SEPTEMBER 13**                **MIDDLESEX AND HERTS YOUNG ATHLETES RELAYS**                **CHAMPIONSHIP**  
CHECK WITH TONY FOR ENTRIES

**SEPTEMBER 26**                **SOUTHERN 4 STAGE CHAMPIONSHIPS**                    **CHAMPIONSHIP**  
JS FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT SIMON IF YOU WISH TO RUN.

**SEPTEMBER 26**                **SOUTHERN MASTERS CHAMPIONSHIPS**                    **CHAMPIONSHIP**  
FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT.

**SEPTEMBER 26**                **SOUTHERN YOUNG ATHLETES CHAMPIONSHIPS**                **CHAMPIONSHIP**  
MALE AND FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT TONY OR DAVID IF YOU WISH TO RUN.

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

**SEPTEMBER 27**                **SOUTHERN MASTERS STAGE CHAMPIONSHIPS**                **CHAMPIONSHIP**  
MALE. RUSHMOOR ARENA, NEAR ALDERSHOT.

**OCTOBER 17**                    **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 17**                    **NATIONAL 4 STAGE CHAMPIONSHIPS**                    **CHAMPIONSHIP**  
JS FEMALE. SUTTON PARK, BIRMINGHAM. CONTACT SIMON ON YOUR AVAILABILITY, OF COURSE WE NEED  
TO QUALIFY AT THE SOUTHERN CHAMPIONSHIPS.

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

**MARCH 21**                    **SOUTHERN 12 STAGE CHAMPIONSHIPS**                    **CHAMPIONSHIP**  
JS MALE. OPEN UNIVERSITY, MILTON KEYNES. CONTACT TONY ON YOUR AVAILABILITY,

**MARCH 21**                    **SOUTHERN 6 STAGE CHAMPIONSHIPS**                    **CHAMPIONSHIP**  
JS FEMALE. OPEN UNIVERSITY, MILTON KEYNES. CONTACT SIMON ON YOUR AVAILABILITY,

**APRIL 17**                    **NATIONAL 12 STAGE CHAMPIONSHIPS**                    **CHAMPIONSHIP**  
JS MALE. SUTTON PARK, BIRMINGHAM. CONTACT TONY ON YOUR AVAILABILITY,

**APRIL 17**                    **NATIONAL 6 STAGE CHAMPIONSHIPS**                    **CHAMPIONSHIP**  
JS FEMALE. SUTTON PARK, BIRMINGHAM. CONTACT SIMON ON YOUR AVAILABILITY,

**LONDON MARATHON**

**APRIL 25**

**VIRGIN LONDON MARATHON**

**CHAMPIONSHIPS**

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**MALE AND FEMALE.**

**APRIL 25**

**VIRGIN LONDON MARATHON MINI MARATHONS**

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**MALE AND FEMALE. LOWER THAMES STREET, NEAR CANNON STREET STATION. SHAFESBURY ORGANISE THE ARRIVAL THEN STARTING OF ALL 6 RACES. WE NEED AS MANY VOLUNTEERS AS POSSIBLE, THEREFORE PLEASE CONTACT BARRY WALSH ON 07815 751326.**

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