

CROSS COUNTRY FIXTURES

SEPTEMBER			
18	ST ALBANS RELAY	ST ALBANS	M&F
OCTOBER			
2	HORSENDEN RELAY	HORSENDEN HILL	M&F
2	NORTH WEST LONDON LEAGUE (1)	HORSENDEN HILL	M&F
9	METROPOLITAN LEAGUE (1)	CLAYBURY	M&F
9	CHILTERN LEAGUE (1)	OXFORD	M&F
23	LIDDIARD TROPHY	KINGSBURY	M
23	NORTH WEST LONDON LEAGUE (2)	LOUGHTON	M&F
30	NORTH LONDON	TRENT PARK	M&F
NOVEMBER			
6	NATIONAL RELAYS	MANSFIELD	M&F
13	METROPOLITAN LEAGUE (2)	TRENT PARK	M&F
13	CHILTERN LEAGUE (2)	WATFORD	M&F
20	LONDON CHAMPIONSHIPS	PARLIAMENT HILL	M&F
20	LONDON YOUTH GAMES	PARLIAMENT HILL	M&F
25	CLUB ANNUAL GENERAL MEETING	COPTHALL	
DECEMBER			
4	FRATERNITY CUP MEN/SORORITY CUP WOMEN	TRENT PARK	M&F
4	NORTH WEST LONDON LEAGUE (3)	TRENT PARK	M&F
4	CHILTERN LEAGUE (3)	STOWE	M&F
11	SEAA MASTER & INTER-COUNTIES	BIGGLESWADE	M&F
12	EUROPEAN CHAMPIONSHIPS	ALBUFEIRA, PORTUGAL	M&F
18	METROPOLITAN LEAGUE (3)	STEVENAGE	M&F
26	BOXING DAY RUN	COPTHALL	M&F
JANUARY			
8	MIDDX CHAMPIONSHIPS	TRENT PARK	M&F
9	HERTS CHAMPIONSHIPS	ST ALBANS	M&F
15	METROPOLITAN LEAGUE (4)	ALEXANDRA PALACE	M&F
15	CHILTERN LEAGUE (4)	LUTON	M&F
29	SOUTHERN CHAMPIONSHIPS	PARLIAMENT HILL	M&F
FEBRUARY			
5	NORTH WEST LONDON LEAGUE (4)	TBC	M&F
5	MIDDX MASTERS CHAMPIONSHIPS	RUISLIP	M&F
12	METROPOLITAN LEAGUE (5)	HORSENDEN HILL	M&F
12	CHILTERN LEAGUE (5) TBC	WING	M&F
19	NATIONAL CHAMPIONSHIPS	ALTON TOWERS	M&F
26	NORTH OF THE THAMES	KINGSBURY	M&F
MARCH			
5	INTER-COUNTIES CHAMPIONSHIPS	BIRMINGHAM	M&F
12	SOUTHERN CROSS COUNTRY RELAYS	TBC	M&F
19	ENGLISH SCHOOLS CHAMPIONSHIPS	WOOLATON PARK	M&F
20	WORLD CHAMPIONSHIPS	PUNTA UMBRIA, SPAIN	M&F
26	NORTH WEST LONDON LEAGUE (5)	TBC	M&F

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

ROAD & ROAD RELAY FIXTURES

SEPTEMBER			
5	MIDDLESEX 10K ROAD RACE	HACKNEY	M&F
12	MIDDLESEX & HERTS YA RELAYS	HAYES	M&F
12	BRITISH MASTERS 10K ROAD CHAMPIONSHIPS	WOLVERHAMPTON	M&F
25	SOUTHERN YA RELAYS	ALDRESHOT	M&F
25	SOUTHERN WOMENS 4 STAGE RELAY	ALDRESHOT	F
25	SOUTHERN WOMENS MASTERS 4 STAGE RELAY	ALDRESHOT	F
26	SOUTHERN MENS 6 STAGE RELAY	ALDRESHOT	M
26	SOUTHERN MENS MASTERS RELAY	ALDRESHOT	M
OCTOBER			
3	SOUTHERN 10KM ROAD CHAMPIONSHIPS	CRYSTAL PALACE	M&F
3	BRITISH MASTERS 10 MILE ROAD CHAMPIONSHIPS	BRISTOL	M&F
16	NATIONAL MENS 6 STAGE RELAY	SUTTON PARK	M
16	NATIONAL WOMENS 4 STAGE RELAY	SUTTON PARK	F
17	NATIONAL YA RELAYS	SUTTON PARK	M&F
24	ENGLAND 10 MILE ROAD CHAMPIONSHIPS	PORTSMOUTH	M&F
APRIL			
3	SOUTHERN MENS 12 STAGE RELAY	MILTON KEYNES	M
3	SOUTHERN WOMENS 6 STAGE RELAY	MILTON KEYNES	F
17	VIRGIN LONDON MARATHON	LONDON	M&F
17	VIRGIN MINI LONDON MARATHON	LONDON	M&F
30	NATIONAL MENS 12 STAGE RELAY	SUTTON PARK	M
30	NATIONAL WOMENS 6 STAGE RELAY	SUTTON PARK	F
MAY			
21	NATIONAL MASTERS RELAYS	SUTTON PARK	M&F

INDOOR EVENTS

SEPTEMBER			
19	MINITHON	LEE VALLEY	M&F
NOVEMBER			
27	MINITHON	LEE VALLEY	M&F
JANUARY			
9	SEAA CHAMPIONSHIPS DAY 1	LEE VALLEY	M&F
15	SEAA CHAMPIONSHIPS DAY 2	LEE VALLEY	M&F
16	SEAA CHAMPIONSHIPS DAY 3	LEE VALLEY	M&F
29/30	LONDON INDOOR GAMES	LEE VALLEY	M&F
FEBRUARY			
5	McCAIN INTER CITY CHALLENGE	TBC	M&F
26	McCAIN INTER CITY CHALLENGE	TBC	M&F
26/27	BRITISH MASTERS CHAMPIONSHIPS	LEE VALLEY	M&F
MARCH			
6	MIDDLESEX & HERTS CHAMPIONSHIPS	LEE VALLEY	M&F
11 TO 13	EUROPEAN CHAMPIONSHIPS	PARIS, FRANCE	M&F
16 TO 20	EUROPEAN MASTERS CHAMPIONSHIPS	GHENT, BELGIUM	M&F

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