

## INFORMATION SHEET FOR CROSS COUNTRY, ROAD RELAYS AND INDOOR EVENTS

### SEPTEMBER 2010 TO MAY 2011

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 20		SOUTHERN CHAMPIONSHIPS	JAN 29	
NATIONAL CHAMPIONSHIPS	FEB 19		WORLD CHAMPIONSHIPS	MAR 20	
METROPOLITAN LEAGUE	OCT 09	NOV 13	DEC 18	JAN 15	FEB 12
CHILTERN LEAGUE	OCT 09	NOV 13	DEC 04	JAN 15	FEB 12
NORTH WEST LONDON LEAGUE	OCT 02	OCT 23	DEC 04	FEB 05	MAR 26

#### MAJOR FIXTURES - ROAD RELAYS

SOUTHERN WOMENS 4 STAGE	SEP 25		SOUTHERN WOMENS MASTERS	SEP 25
SOUTHERN YOUNG ATHLETES	SEP 25			
SOUTHERN MENS 6 STAGE	SEP 26		SOUTHERN MENS MASTERS	SEP 26
NATIONAL MENS 6 STAGE	OCT 16		NATIONAL WOMENS 4 STAGE	OCT 16
NATIONAL YOUNG ATHLETES	OCT 17			
SOUTHERN MENS 12 STAGE	APR 03		SOUTHERN WOMENS 6 STAGE	APR 03
NATIONAL MENS 12 STAGE	APR 30		NATIONAL WOMENS 6 STAGE	APR 30
NATIONAL MASTERS	MAY 21			

#### 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 AND UNDER 15 BOYS
NOT BEFORE	1.37	4Km	UNDER 17 WOMEN AND UNDER 15 GIRLS
NOT BEFORE	1.55	6Km	SENIOR WOMEN INCLUDING VETERANS
NOT BEFORE	2.35	8Km	SENIOR MEN INCLUDING VETERANS

FROM THIS SEASON TEAM MANAGERS ARE TO RECORD ON THE DECLARATION SHEET, CHRISTIAN AND SURNAME PLUS DATE OF BIRTH FOR ALL RUNNERS.

IN THE SENIOR MEN AND WOMEN'S RACE THERE ARE NOW 3 DIVISIONS, DIVISION 1 AND 2 HAVE 10 TEAMS AND THE REMAINING TEAMS WILL MAKE UP DIVISION 3.

OUR SENIOR WOMEN ARE IN DIVISION 1 WITH SIX TO SCORE, VETERAN WOMEN ARE IN DIVISION 3 WITH 4 TO SCORE. SENIOR MEN ARE IN DIVISION 1 WITH 12 TO SCORE, B TEAM ARE IN DIVISION 3 WITH 8 TO SCORE. VETERAN MEN ARE IN DIVISION 2 WITH 5 TO SCORE.

THERE IS A NEW COMBINED OVERALL TEAM COMPETITION FOR (1) SENIORS AND (2) JUNIORS.

CURRENTLY THERE ARE 23 TEAMS IN THE LEAGUE, THEREFORE IN EACH RACE THE WINNING TEAM IS AWARDED 23 POINTS, 2ND TEAM 22 POINTS AND SO ON. THE SENIOR COMPETITION IS COMBINING THE SENIOR MENS AND WOMEN POINTS, AND THE JUNIOR COMPETITION IS COMBINING THE UNDER 13 BOYS, UNDER 13 GIRLS, UNDER 17/15 MEN AND UNDER 17/15 GIRLS POINTS.

PRIOR TO THE START OF THE SEASON THERE WILL BE A METROPOLITAN LEAGUE WEB SITE ON LINE, AND MATCH INFORMATION INCLUDING DIRECTIONS, COURSE MAPS ETC WILL BE AVAILABLE 2 WEEKS PRIOR TO THAT MATCH.

#### 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 13  
 5 MILES SENIORS METROPOLITAN LEAGUE NOV 13  
 9 MILES SENIORS SOUTHERN CHAMPIONSHIPS  
 MASTERS METROPOLITAN LEAGUE NOV 13

**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) SOUTHERN NATIONAL N.O.THAMES NWLL (5)  
 U/17 BOYS MET LGE (1) MET LGE (2) SOUTHERN NATIONAL N.O.THAMES 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 NATIONAL 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  
 TEL: 01923 855133  
[anthony.smith694@ntlworld.com](mailto:anthony.smith694@ntlworld.com)

**YOUNG ATHLETES GIRLS**

DAVID STANMORE  
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 07795 603192 (M)  
[dstanmore@shire.com](mailto:dstanmore@shire.com)

**JUNIOR MEN**

GEORGE HARRISON  
 TEL: 01923 263317 (H)  
 07957 327401 (M)

**SENIOR MEN AND WOMEN**

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 07860 629490 (M)  
[simon.keene@bt.com](mailto:simon.keene@bt.com)

**MASTERS MEN**

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 TEL: 01462 811165 (H)  
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[ray571m@btopenworld.com](mailto:ray571m@btopenworld.com)

**MASTERS WOMEN**

VACANT

**TEAM MANAGERS - ROAD RUNNING****SENIOR MEN**

TONY JACKSON  
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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.**

<b>SEPTEMBER 18</b>	<b>ST ALBANS RELAY</b>	<b>OPEN</b>
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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 02</b>	<b>HORSENDEN RELAYS</b>	<b>OPEN</b>
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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 IF YOU INTEND RUNNING AND TO CONFIRM START TIMES.		
<b>OCTOBER 02</b>	<b>NORTH WEST LONDON LEAGUE (1)</b>	<b>OPEN</b>
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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 09</b>	<b>METROPOLITAN LEAGUE (1)</b>	<b>OPEN</b>
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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>OCTOBER 09</b>	<b>CHILTERN LEAGUE (1)</b>	<b>OPEN</b>
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U/11, U/13, U/15 & U/17 WOMEN. OXFORD. CONTACT DAVID FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.		
<b>OCTOBER 23</b>	<b>LIDDIARD TROPHY</b>	<b>OPEN</b>
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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 23</b>	<b>NORTH WEST LONDON LEAGUE (2)</b>	<b>OPEN</b>
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YOUNG ATHLETES MALE AND FEMALE. LOUGHTON, ESSEX. CONTACT YOUR TEAM MANAGER FOR RACE AND TRAVEL ARRANGEMENTS		
<b>OCTOBER 30</b>	<b>NORTH LONDON</b>	<b>CHAMPIONSHIP</b>
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JSM MALE. TRENT PARK, COCKFOSTERS. CHANGING IS AT BARNET AC CLUBHOUSE NEW BARNET. CONTACT SIMON FOR RACE AND TRAVEL ARRANGEMENTS.		
<b>NOVEMBER 06</b>	<b>NATIONAL RELAYS</b>	<b>CHAMPIONSHIP</b>
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MALE AND FEMALE. MANSFIELD OR STAFFORD. PLEASE CONTACT SIMON FOR TRAVEL ARRANGEMENTS AND START TIMES.		
<b>NOVEMBER 13</b>	<b>METROPOLITAN LEAGUE (2)</b>	<b>OPEN</b>
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ALL AGE GROUPS MALE AND FEMALE. TRENT PARK, COCKFOSTERS. CHANGING IS AT BARNET AC CLUBHOUSE VICTORIA ROAD, NEW BARNET. NUMBERS WILL BE GIVEN OUT AT THE COURSE. SEE PAGE 1 FOR START TIMES AND DISTANCES		
<b>NOVEMBER 13</b>	<b>CHILTERN LEAGUE (2)</b>	<b>OPEN</b>
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U/11, U/13, U/15 & U/17 WOMEN. WATFORD, HERTFORDSHIRE. CONTACT DAVID FOR DIRECTIONS AND TRAVEL ARRANGEMENTS.		
<b>NOVEMBER 20</b>	<b>LONDON CHAMPIONSHIPS</b>	<b>CHAMPIONSHIP</b>
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JSM MALE AND FEMALE. PARLIAMENT HILL, HAMPSTEAD. NEAREST STATION IS GOSPEL OAK. PLEASE		



**FEBRUARY 5**                      **MIDDLESEX MASTERS CHAMPIONSHIPS**                      **CHAMPIONSHIP**  
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 (MAD BESS WOOD), WHICH IS A  
SHORT JOG AWAY, AND NUMBERS WILL BE GIVEN OUT AT THE START AREA.

**FEBRUARY 12**                      **METROPOLITAN LEAGUE (5)**                      **OPEN**  
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 12**                      **CHILTERN LEAGUE (5)**                      **OPEN**  
U/11, U/13, U/15 & U/17 WOMEN. WING, BUCKS. CONTACT DAVID FOR DIRECTIONS AND TRAVEL  
ARRANGEMENTS. FIXTURE STILL TO BE CONFIRMED

**FEBRUARY 19**                      **NATIONAL CHAMPIONSHIPS**                      **CHAMPIONSHIP**  
MALE AND FEMALE. ALTON TOWERS, DERBYSHIRE. CONTACT YOUR TEAM MANAGER IF YOU WISH TO RUN.

**FEBRUARY 26**                      **NORTH OF THE THAMES**                      **CHAMPIONSHIP**  
JSM MALE. COURSE IS AT FRYENT OPEN SPACE, KINGSBURY, LONDON NW9 ALTHOUGH STILL TO BE  
CONFIRMED. CONTACT SIMON IF YOU WISH TO RUN.

**MARCH 05**                      **INTER-COUNTIES CHAMPIONSHIPS**                      **CHAMPIONSHIP**  
MALE AND FEMALE. CROFTON PARK, BIRMINGHAM AND WILL INCORPORATE THE WORLD  
CHAMPIONSHIP TRIALS. RUNNERS SELECTED FOLLOWING THE REGIONAL CHAMPIONSHIPS.

**MARCH 12**                      **SOUTHERN RELAYS**                      **CHAMPIONSHIP**  
MALE AND FEMALE. VENUE TO BE DECIDED. CONTACT YOUR TEAM MANAGER IF YOU WISH TO RUN

**MARCH 19**                      **ENGLISH SCHOOLS CHAMPIONSHIPS**                      **CHAMPIONSHIP**  
MALE AND FEMALE. WOOLATON PARK, NOTTINGHAM

**MARCH 20**                      **WORLD CHAMPIONSHIPS**                      **CHAMPIONSHIP**  
MALE AND FEMALE. PUNTA UMBRIA, SPAIN

**MARCH 26**                      **NORTH WEST LONDON LEAGUE (5)**                      **OPEN**  
YOUNG ATHLETES MALE AND FEMALE. VENUE TO BE DECIDED. CONTACT YOUR TEAM MANAGER FOR RACE  
AND TRAVEL ARRANGEMENTS

#### ROAD RELAY RACE INFORMATION

**SEPTEMBER 12**                      **MIDDLESEX AND HERTS YOUNG ATHLETES RELAYS**                      **CHAMPIONSHIP**  
MINET PARK, HAYES. CHECK WITH TONY FOR ENTRIES

**SEPTEMBER 25**                      **SOUTHERN 4 STAGE CHAMPIONSHIPS**                      **CHAMPIONSHIP**  
JS FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT SIMON IF YOU WISH TO RUN.

**SEPTEMBER 25**                      **SOUTHERN MASTERS CHAMPIONSHIPS**                      **CHAMPIONSHIP**  
FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT YOUR TEAM MANAGER IF YOU WISH TO RUN.

**SEPTEMBER 25**                      **SOUTHERN YOUNG ATHLETES CHAMPIONSHIPS**                      **CHAMPIONSHIP**  
MALE AND FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT TONY OR DAVID IF YOU WISH TO RUN.

**SEPTEMBER 26**                      **SOUTHERN 6 STAGE CHAMPIONSHIPS**                      **CHAMPIONSHIP**  
JS MALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT TONY IF YOU WISH TO RUN.

**SEPTEMBER 26**                      **SOUTHERN MASTERS STAGE CHAMPIONSHIPS**                      **CHAMPIONSHIP**  
MALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT RAY IF YOU WISH TO RUN.

**OCTOBER 16**                      **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 16                      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 17                      NATIONAL YOUNG ATHLETES CHAMPIONSHIPS                      CHAMPIONSHIP**  
MALE AND FEMALE. SUTTON PARK, BIRMINGHAM. CONTACT TONY OR DAVID ON YOUR AVAILABILITY,

**APRIL 03                          SOUTHERN 12 STAGE CHAMPIONSHIPS                          CHAMPIONSHIP**  
JS MALE. OPEN UNIVERSITY, MILTON KEYNES. CONTACT TONY ON YOUR AVAILABILITY,

**APRIL 03                          SOUTHERN 6 STAGE CHAMPIONSHIPS                          CHAMPIONSHIP**  
JS FEMALE. OPEN UNIVERSITY, MILTON KEYNES. CONTACT SIMON ON YOUR AVAILABILITY,

**APRIL 30                          NATIONAL 12 STAGE CHAMPIONSHIPS                          CHAMPIONSHIP**  
JS MALE. SUTTON PARK, BIRMINGHAM. CONTACT TONY ON YOUR AVAILABILITY,

**APRIL 30                          NATIONAL 6 STAGE CHAMPIONSHIPS                          CHAMPIONSHIP**  
JS FEMALE. SUTTON PARK, BIRMINGHAM. CONTACT SIMON ON YOUR AVAILABILITY,

**MAY 21                              MASTERS CHAMPIONSHIPS    CHAMPIONSHIP**  
MALE AND FEMALE. SUTTON PARK, BIRMINGHAM. CONTACT YOUR TEAM MANAGER IF YOU WISH TO RUN

**LONDON MARATHON**

**APRIL 17                          VIRGIN LONDON MARATHON    CHAMPIONSHIPS**  
MALE AND FEMALE.

**APRIL 17                          VIRGIN LONDON MARATHON MINI MARATHONS**  
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 BARRY WALSH ON 07815 751326.

**INDOOR RACE INFORMATION**

FOR DETAILED INFORMATION, ENTRY FORMS ETC, SEE LEE VALLEY WEB SITE [WWW.LEEVALLEYPARK.ORG.UK](http://WWW.LEEVALLEYPARK.ORG.UK)  
ADDRESS - LEE VALLEY LEISURE COMPLEX, 61 MERIDIAN WAY, EDMONTON, LONDON N9 0AR  
TEL: 020 8344 7230. E-MAIL [IVAC@LEEVALLEYPARK.ORG.UK](mailto:IVAC@LEEVALLEYPARK.ORG.UK)

**SEPTEMBER 19                      MINITHON    OPEN**  
MALE & FEMALE, UNDER 11 & UNDER 13. LEE VALLEY ATHLETICS CENTRE. FIRST EVENT STARTS AT 1.00  
ATHLETES TO COMPLETE 3 EVENTS.

**NOVEMBER 27                      MINITHON    OPEN**  
MALE & FEMALE, UNDER 11 & UNDER 13. LEE VALLEY ATHLETICS CENTRE. FIRST EVENT STARTS AT 1.00  
ATHLETES TO COMPLETE 3 EVENTS.

**DECEMBER 19                      MINITHON    OPEN**  
MALE & FEMALE, UNDER 11 & UNDER 13. LEE VALLEY ATHLETICS CENTRE. FIRST EVENT STARTS AT 1.00  
ATHLETES TO COMPLETE 3 EVENTS.

**JANUARY 09                          SEAA CHAMPIONSHIPS PART 1    OPEN**  
LEE VALLEY ATHLETICS CENTRE, SEE ABOVE FOR CONTACT INFORMATION

**JANUARY 15 & 16                      SEAA CHAMPIONSHIPS PART 2    OPEN**  
LEE VALLEY ATHLETICS CENTRE, SEE ABOVE FOR CONTACT INFORMATION

**JANUARY 23                          LONDON GAMES PART 1    OPEN**  
LEE VALLEY ATHLETICS CENTRE, SEE ABOVE FOR CONTACT INFORMATION

**JANUARY 29 & 30                      LONDON GAMES PART 2    OPEN**  
LEE VALLEY ATHLETICS CENTRE, SEE ABOVE FOR CONTACT INFORMATION

<b>FEBRUARY 19</b>	<b>MINITHON</b>	<b>OPEN</b>
MALE & FEMALE, UNDER 11 & UNDER 13. LEE VALLEY ATHLETICS CENTRE. FIRST EVENT STARTS AT 1.00 ATHLETES TO COMPLETE 3 EVENTS.		
<b>FEBRUARY 20</b>	<b>SOUTHERN COUNTIES MASTERS</b>	<b>OPEN</b>
LEE VALLEY ATHLETICS CENTRE, SEE ABOVE FOR CONTACT INFORMATION		
<b>FEBRUARY 05</b>	<b>McCAIN INTER CITY CHALLENGE</b>	<b>CHAMPIONSHIPS</b>
CONTACT GEOFF MORPHITIS FOR FURTHER INFORMATION		
<b>FEBRUARY 26</b>	<b>McCAIN INTER CITY CHALLENGE</b>	<b>CHAMPIONSHIPS</b>
CONTACT GEOFF MORPHITIS FOR FURTHER INFORMATION		
<b>FEBRUARY 26/27</b>	<b>BRITISH MASTERS CHAMPIONSHIPS</b>	<b>OPEN</b>
LEE VALLEY ATHLETICS CENTRE, SEE ABOVE FOR CONTACT INFORMATION		
<b>MARCH 06</b>	<b>MIDDLESEX &amp; KENT CHAMPIONSHIPS</b>	<b>OPEN</b>
LEE VALLEY ATHLETICS CENTRE, SEE ABOVE FOR CONTACT INFORMATION		
<b>MARCH 11 TO 13</b>	<b>EUROPEAN CHAMPIONSHIPS</b>	<b>CHAMPIONSHIPS</b>
PARIS, FRANCE.		
<b>MARCH 16 TO 20</b>	<b>EUROPEAN MASTERS CHAMPIONSHIPS</b>	<b>OPEN</b>
GHENT, BELGIUM.		

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