

CROSS COUNTRY FIXTURES

SEPTEMBER			
17	ST ALBANS RELAY	ST ALBANS	M&F
OCTOBER			
1	SOUTHERN CROSS COUNTRY RELAYS	BIGGLESWADE	M&F
8	METROPOLITAN LEAGUE (1)	CLAYBURY	M&F
22	LIDDIARD TROPHY	KINGSBURY	M
22	NORTH WEST LONDON LEAGUE (1)	HARROW	M&F
29	NORTH LONDON	KINGSBURY	M&F
NOVEMBER			
5	NATIONAL RELAYS	MANSFIELD	M&F
12	METROPOLITAN LEAGUE (2)	STEVENAGE	M&F
19	LONDON CHAMPIONSHIPS	PARLIAMENT HILL	M&F
19	LONDON YOUTH GAMES	PARLIAMENT HILL	M&F
24	CLUB ANNUAL GENERAL MEETING	COPTHALL	
26	NORTH WEST LONDON LEAGUE (2)	ALEXANDRA PARK	M&F
26	UK CROSS CHALLENGE INC EUROPEAN TRIALS	LIVERPOOL	M&F
DECEMBER			
3	FRATERNITY CUP/SORORITY CUP	TRENT PARK	M&F
3	NORTH WEST LONDON LEAGUE (3)	TRENT PARK	M&F
10	SEAA MASTERS & INTER-COUNTIES	CROYDON	M&F
11	EUROPEAN CHAMPIONSHIPS	VELENJE, SLOVENIA	M&F
17	METROPOLITAN LEAGUE (3)	RUISLIP	M&F
26	BOXING DAY RUN	COPTHALL	M&F
JANUARY			
7	MIDDLESEX CHAMPIONSHIPS	TBC	M&F
8	HERTFORDSHIRE CHAMPIONSHIPS	STEVENAGE	M&F
14	METROPOLITAN LEAGUE (4)	TRENT PARK	M&F
28	SOUTHERN CHAMPIONSHIPS	BRIGHTON	M&F
FEBRUARY			
4	NORTH WEST LONDON LEAGUE (4)	WORMWOOD SCRUBS	M&F
4	MIDDX MASTERS CHAMPIONSHIPS	RUISLIP	M&F
11	METROPOLITAN LEAGUE (5)	HORSENDEN HILL	M&F
25	NATIONAL CHAMPIONSHIPS	PARLIAMENT HILL	M&F
MARCH			
3	HORSENDEN RELAY	HORSENDEN HILL	M&F
3	NORTH WEST LONDON LEAGUE (5)	HORSENDEN HILL	M&F
10	INTER-COUNTIES CHAMPIONSHIPS	BIRMINGHAM	M&F
17	ENGLISH SCHOOLS CHAMPIONSHIPS	ILTON, SOMESET	M&F
TBC	NORTH OF THE THAMES	TBC	M&F

ROAD & ROAD RELAYS FIXTURES

SEPTEMBER			
4	MIDDLESEX 10K ROAD CHAMPIONSHIPS	HACKNEY	M&F
4	BRITISH MASTERS 10 MILE ROAD CHAMPIONSHIPS	HEXHAM	M&F
11	MIDDLESEX YA'S RELAYS	HAYES	M&F
18	SOUTHERN 10K ROAD CHAMPIONSHIPS	CRYSTAL PAL	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			
24	SOUTHERN YA RELAYS INC HERTS CHAMPIONSHIP	ALDERSHOT	M&F
24	SOUTHERN WOMENS 4 STAGE RELAY	ALDERSHOT	F
24	SOUTHERN WOMENS MASTERS 4 STAGE RELAY	ALDERSHOT	F
25	SOUTHERN MENS 6 STAGE RELAY	ALDERSHOT	M
25	SOUTHERN MENS MASTERS RELAY	ALDERSHOT	M
OCTOBER			
2	BRITISH MASTERS 10K ROAD CHAMPIONSHIPS	EXMOUTH	M&F
15	NATIONAL MENS 6 STAGE RELAY	SUTTON PARK	M
15	NATIONAL WOMENS 4 STAGE RELAY	SUTTON PARK	F
16	NATIONAL YA RELAYS	SUTTON PARK	M&F
30	ENGLAND 10 MILE ROAD CHAMPIONSHIPS	PORTSMOUTH	M&F
APRIL			
1	SOUTHERN MENS 12 STAGE RELAY	MILTON KEYNES	M
1	SOUTHERN WOMENS 6 STAGE RELAY	MILTON KEYNES	F
14	NATIONAL MENS 12 STAGE RELAY	SUTTON PARK	M
14	NATIONAL WOMENS 6 STAGE RELAY	SUTTON PARK	F
22	VIRGIN LONDON MARATHON	LONDON	M&F
22	VIRGIN MINI LONDON MARATHON	LONDON	M&F
MAY			
TBC	NATIONAL MASTERS RELAYS	SUTTON PARK	M&F

INDOOR EVENTS

OCTOBER			
9	MINITHON	LEE VALLEY	M&F
DECEMBER			
11	EHAC OPEN MEETING	LEE VALLEY	M&F
18	MINITHON	LEE VALLEY	M&F
JANUARY			
8	EHAC OPEN MEETING	LEE VALLEY	M&F
14	U13 & 15 OPEN MEETING	LEE VALLEY	
15	SEAA CHAMPIONSHIPS DAY 1	LEE VALLEY	M&F
21 & 22	SEAA CHAMPIONSHIPS DAY 2 & 3	LEE VALLEY	M&F
28 & 29	LONDON INDOOR GAMES DAY 1 & 2	LEE VALLEY	M&F
FEBRUARY			
4	McCain INTER CITY CHALLENGE	SHEFFIELD	M&F
4	LONDON INDOOR GAMES DAY 3	LEE VALLEY	M&F
19	BRITISH MASTERS MULTI-EVENT CHAMPIONSHIPS	LEE VALLEY	M&F
MARCH			
3	McCain INTER CITY CHALLENGE	LEE VALLEY	M&F
4	MIDDLESEX & HERTS CHAMPIONSHIPS	LEE VALLEY	M&F
10	MINITHON	LEE VALLEY	M&F
11	SOUTHERN COUNTIES VETS CHAMPIONSHIPS	LEE VALLEY	M&F
17 & 18	BRITISH MASTERS CHAMPIONSHIPS DAY 1 & 2	LEE VALLEY	M&F

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