

CROSS COUNTRY FIXTURES

SEPTEMBER			
15	ST ALBANS RELAY	ST ALBANS	M&F
OCTOBER			
6	SOUTHERN CROSS COUNTRY RELAYS	WORMWOOD SCRUBS	M&F
20	METROPOLITAN LEAGUE (1)	CLAYBURY	M&F
27	NORTH LONDON CHAMPIONSHIPS	HORSENDEN HILL	M&F
27	NORTH WEST LONDON LEAGUE (1)	HORSENDEN HILL	M&F
NOVEMBER			
3	NATIONAL RELAYS	MANSFIELD	M&F
10	METROPOLITAN LEAGUE (2)	STEVENAGE	M&F
17	LONDON CHAMPIONSHIPS	PARLIAMENT HILL	M&F
17	LONDON YOUTH GAMES	PARLIAMENT HILL	M&F
24	LIDDIARD TROPHY	KINGSBURY	M
24	NORTH WEST LONDON LEAGUE (2)	HARROW	M&F
24	UK CROSS CHALLENGE & EUROPEAN TRIALS	LIVERPOOL	M&F
29	CLUB ANNUAL GENERAL MEETING	ALLIANZ PARK	
DECEMBER			
1	ENGLISH SCHOOLS CUP FINAL	BOLTON	M&F
1	FRATERNITY CUP/SORORITY CUP	TRENT PARK	M&F
1	NORTH WEST LONDON LEAGUE (3)	TRENT PARK	M&F
8	SEAA MASTERS & INTER-COUNTIES	WOODFORD GREEN	M&F
9	EUROPEAN CHAMPIONSHIPS	BUDAPEST, HUNGARY	M&F
15	METROPOLITAN LEAGUE (3)	ALEXANDRA PALACE	M&F
26	BOXING DAY RUN	COPTHALL	M&F
JANUARY			
5	MIDDLESEX CHAMPIONSHIPS	WORMWOOD SCRUBS	M&F
6	HERTFORDSHIRE CHAMPIONSHIPS	TBC	M&F
12	METROPOLITAN LEAGUE (4)	HORSENDEN HILL	M&F
26	SOUTHERN CHAMPIONSHIPS	PARLIAMENT HILL	M&F
FEBRUARY			
2	NORTH WEST LONDON LEAGUE (4)	TBC	M&F
9	METROPOLITAN LEAGUE (5)	RUISLIP TBC	M&F
16	NORTH OF THE THAMES	KINGSBURY	M&F
23	NATIONAL CHAMPIONSHIPS	SUNDERLAND	M&F
MARCH			
2	HORSENDEN RELAY	HORSENDEN HILL	M&F
2	NORTH WEST LONDON LEAGUE (5)	TBC	M&F
9	INTER-COUNTIES CHAMPIONSHIPS	BIRMINGHAM	M&F
16	ENGLISH SCHOOLS CHAMPIONSHIPS	TBC	M&F
24	IAAF WORLD CHAMPIONSHIPS	BYDGOSZCZ, POLAND	M&F

ROAD & ROAD RELAYS FIXTURES

SEPTEMBER			
9	MIDDLESEX & HERTFORDSHIRE YA'S RELAYS	HAYES	M&F
30	MIDDLESEX 10K ROAD CHAMPIONSHIPS	VICTORIA PARK	M&F

ROAD & ROAD RELAY FIXTURES

SEPTEMBER			
22	SOUTHERN YOUNG ATHLETES RELAYS	ALDERSHOT	M&F
22	SOUTHERN WOMENS 4 STAGE RELAY	ALDERSHOT	F
22	SOUTHERN WOMENS VETS 4 STAGE RELAY	ALDERSHOT	F
23	SOUTHERN MENS 6 STAGE RELAY	ALDERSHOT	M
23	SOUTHERN MENS MASTERS 4 STAGE RELAY	ALDERSHOT	M
OCTOBER			
13	NATIONAL MENS 6 STAGE RELAY	CLUMBER PARK	M
13	NATIONAL WOMENS 4 STAGE RELAY	CLUMBER PARK	F
MARCH			
24	SOUTHERN MENS 12 STAGE RELAY	MILTON KEYNES	M
24	SOUTHERN WOMENS 6 STAGE RELAY	MILTON KEYNES	F
APRIL			
13	NATIONAL MENS 12 STAGE RELAY	SUTTON PARK	M
13	NATIONAL WOMENS 6 STAGE RELAY	SUTTON PARK	F
14	NATIONAL YOUNG ATHLETES RELAYS	SUTTON PARK	M&F
21	VIRGIN LONDON MARATHON	LONDON	M&F
21	VIRGIN MINI LONDON MARATHON	LONDON	M&F
MAY			
TBA	NATIONAL MASTERS RELAYS	SUTTON PARK	M&F

INDOOR EVENTS

OCTOBER			
7	MINITHON	LEE VALLEY	M&F
DECEMBER			
8	EHAC OPEN MEETING	LEE VALLEY	M&F
15	MINITHON	LEE VALLEY	M&F
JANUARY			
6	EHAC OPEN MEETING	LEE VALLEY	M&F
12	U13 & U15 OPEN MEETING	LEE VALLEY	M&F
13	SEAA CHAMPIONSHIPS DAY 1	LEE VALLEY	M&F
19/20	SEAA CHAMPIONSHIPS DAY 2 & 3	LEE VALLEY	M&F
26/27	LONDON INDOOR GAMES DAY 1 & 2	LEE VALLEY	M&F
FEBRUARY			
2	LONDON INDOOR GAMES DAY 3	LEE VALLEY	M&F
17	SOUTHERN VETS AC CHAMPIONSHIPS	LEE VALLEY	M&F
24	SOUTH OF ENGLAND VETS CHAMPIONSHIPS	LEE VALLEY	M&F
MARCH			
2	McCAIN INTER CITY CHALLENGE	TBC	M&F
9/10	BRITISH VETS CHAMPIONSHIPS DAY 1 & 2	LEE VALLEY	M&F
16/17	MIDDLESEX & HERTS CHAMPIONSHIPS	LEE VALLEY	M&F
23	MINITHON	LEE VALLEY	M&F
31	U13 & U15 PENTATHLON	LEE VALLEY	M&F
APRIL			
13	OUTDOOR OPEN MEETING	LEE VALLEY	M&F

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

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