



SHAFTESBURY BARNET HARRIERS

INFORMATION SHEET FOR CROSS COUNTRY, ROAD RELAYS AND INDOOR EVENTS

SEPTEMBER 2012 TO MAY 2013

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

SOUTHERN RELAYS	OCT 06	NATIONAL RELAYS	NOV 03
LONDON CHAMPIONSHIPS	NOV 17	MIDDLESEX CHAMPIONSHIPS	JAN 05
HERTFORDSHIRE CHAMPIONSHIPS	JAN 06	SOUTHERN CHAMPIONSHIPS	JAN 26
NATIONAL CHAMPIONSHIPS	FEB 23	ENGLISH SCHOOLS CHAMPIONSHIPS	MAR 16
ACTIVE TRAINING WORLD METROPOLITAN LEAGUE	OCT 20	NOV 10	DEC 15
NORTH WEST LONDON LEAGUE	OCT 27	JAN 12	FEB 09
IAAF WORLD CHAMPIONSHIPS	MAR 24	NOV 24	DEC 01
		FEB 02	MAR 02

MAJOR FIXTURES - ROAD RELAYS

SOUTHERN WOMENS 4 STAGE	SEP 22	SOUTHERN WOMENS MASTERS	SEP 22
SOUTHERN YOUNG ATHLETES	SEP 22		
SOUTHERN MENS 6 STAGE	SEP 23	SOUTHERN MENS MASTERS	SEP 23
NATIONAL MENS 6 STAGE	OCT 13	NATIONAL WOMENS 4 STAGE	OCT 13
SOUTHERN MENS 12 STAGE	MAR 24	SOUTHERN WOMENS 6 STAGE	MAR 24
NATIONAL MENS 12 STAGE	APR 13	NATIONAL WOMENS 6 STAGE	APR 13
NATIONAL YOUNG ATHLETES	APR 14	NATIONAL MASTERS	MAY TBC

LONDON MARATHON AND MINI-MARATHONS APR 21

MAJOR FIXTURES - INDOORS

MINITHON	OCT 07	DEC 15	MAR 23
EHAC OPEN MEETING	DEC 08	JAN 06	
U13 & U15 MEETING	JAN 12		
U13 & U15 PENTATHLON	MAR 31		
SEAA CHAMPIONSHIPS	JAN 13	JAN 19	JAN 20
LONDON INDOOR GAMES	JAN 26	JAN 27	FEB 02
BRITISH MASTERS CHAMPIONSHIPS	MAR 09	MAR 10	
MIDDLESEX AND HERTFORDSHIRE CHAMPIONSHIPS	MAR 16	MAR 17	
SOUTHERN VETS AC CHAMPIONSHIPS	FEB 17		
SOUTH OF ENGLAND MASTERS CHAMPIONSHIPS	FEB 24		

ACTIVE TRAINING WORLD METROPOLITAN CROSS COUNTRY LEAGUE

TIMETABLE AND DISTANCES

	1.15	3Km	UNDER 13 BOYS
	1.20	3Km	UNDER 13 GIRLS
NOT BEFORE	1.35	4Km	UNDER 17 MEN AND UNDER 15 BOYS
NOT BEFORE	1.40	4Km	UNDER 17 WOMEN AND UNDER 15 GIRLS
NOT BEFORE	1.55	6Km	JUNIOR, SENIOR WOMEN INCLUDING VETERANS
NOT BEFORE	2.35	8Km	JUNIOR, SENIOR MEN INCLUDING VETERANS

FROM THIS SEASON THE LEAGUE ADMINISTRATOR WILL BE SUPPLYING A SIMPLE ENTRY FORM, TEAM MANAGERS TO COMPLETE WITH NAMES OF ALL SBH RUNNERS THAT COULD COMPETE THIS SEASON. A UNIQUE NUMBER WILL BE ALLOCATED TO EACH RUNNER, AND THAT NUMBER WILL BE USED THROUGHOUT THE SEASON.

RACE NUMBERS THIS SEASON ARE - MEN 2 SETS OF WATERPROOF WHITE 1-2000, WOMEN 2 SETS OF WATERPROOF GREEN 1-1000, U13/U15/U17 BOYS 1 SET OF WATERPROOF BLUE 1-1000, U13/U15/U17 GIRLS 1 SET OF WATERPROOF RED 1-1000.

PLEASE GO TO THE ACTIVE TRAINING WORLD METROPOLITAN LEAGUE WEB SITE www.metleague.co.uk FOR INFORMATION ON COURSE MAPS, DIRECTIONS ETC. AND WILL BE AVAILABLE 2 WEEKS PRIOR TO EACH RACE

CROSS COUNTRY CLUB CHAMPIONSHIP RACES

MEN

U/11 BOYS NWLL MAR 02
U/13 BOYS SOUTHERN CHAMPIONSHIPS
U/15 BOYS SOUTHERN CHAMPIONSHIPS
U/17 BOYS SOUTHERN CHAMPIONSHIPS
JUNIORS METROPOLITAN LEAGUE NOV 10
5 MILES SENIORS METROPOLITAN LEAGUE NOV 10
9 MILES SENIORS SOUTHERN CHAMPIONSHIPS
MASTERS METROPOLITAN LEAGUE NOV 10

WOMEN

NWLL MAR 02
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) HERTS NWLL (4) NWLL (5)
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 MET LGE (4) MET LGE (5)

BEST 4 OUT OF 6 RESULTS TO COUNT

U/11 GIRLS NWLL (1) NWLL (2) NWLL (3) HERTS NWLL (4) NWLL (5)
U/13 GIRLS NWLL (1) NWLL (2) NWLL (3) SOUTHERN NATIONAL NWLL (5)
U/15 GIRLS NWLL (1) NWLL (2) SOUTHERN NATIONAL N.O.THAMES NWLL (5)

BEST 4 OUT OF 6 RESULTS TO COUNT

U/17 GIRLS ALL 5 METROPOLITAN 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

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

YOUNG ATHLETES GIRLS

VACANT

JUNIOR MEN

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

SENIOR MEN ALSO UNDER 20 AND SENIOR WOMEN

SIMON KEENE
TEL: 01494 874601 (H)
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simon.keene@bt.com

MASTERS MEN AND WOMEN

RAY POWELL
TEL: 01462 811165 (H)
07947 680507 (M)
ray571m@btopenworld.com

TEAM MANAGERS - ROAD RUNNING

SENIOR MEN

TONY JACKSON
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07779 653101 (M)
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UNDER 20 AND SENIOR WOMEN

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MASTERS MEN AND WOMEN

RAY POWELL
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NOVEMBER 24	LIDDIARD TROPHY	OPEN
JSM MALE. KINGSBURY, LONDON NW9 8QE. CHANGING (NO SHOWERS) AT KINGSBURY FREE CHURCH, SLOUGH LANE. COURSE IS AT FRYENT OPEN SPACE ABOUT FIVE MINUTES WALK FOM THE CHURCH. START TIMES TO BE CONFIRMED, PLEASE ADVISE SIMON IF YOU ARE RUNNING.		
NOVEMBER 24	NORTH WEST LONDON LEAGUE (2)	OPEN
YOUNG ATHLETES MALE AND FEMALE. BANNISTER STADIUM, HARROW CONTACT YOUR TEAM MANAGER FOR RACE AND TRAVEL ARRANGEMENTS.		
NOVEMBER 29	SBH ANNUAL GENERAL MEETING	OPEN
TO BE HELD AT ALLIANZ PARK		
DECEMBER 01	FRATERNITY/SORORITY CUPS	OPEN
JSM MALE AND FEMALE. TRENT PARK, COCKFOSTERS ROAD, MIDDLESEX EN4 0PS. THE START IS CLOSE TO THE CAR PARK ACCESSIBLE FOM THE WESTERN GATE OF TRENT PARK, FOUND ON THE LEFT-HAND BEFORE REACHING COCKFOSTERS UNDERGROUND STATION (PICCADILLY LINE). THE RACE STARTS AT 2.30, AND THE WILL BE GIVEN OUT AT THE COURSE.		
DECEMBER 01	NORTH WEST LONDON LEAGUE (3)	OPEN
YOUNG ATHLETES MALE AND FEMALE. TRENT PARK, COCKFOSTERS ROAD, MIDDLESEX EN4 0PS. THE START IS CLOSE TO THE CAR PARK ACCESSIBLE FOM THE WESTERN GATE OF TRENT PARK, FOUND ON THE LEFT-HAND BEFORE REACHING COCKFOSTERS UNDERGROUND STATION (PICCADILLY LINE). CONTACT YOUR TEAM MANAGER FOR RACE AND TRAVEL ARRANGEMENTS.		
DECEMBER 08	SOUTHERN MASTERS & INTER-COUNTIES	CHAMPIONSHIP
MALE AND FEMALE. WOODFORD GREEN, ESSEX. CONTACT YOUR TEAM MANAGER IF YOU WISH TO BE ENTERED START TIMES 11.00AM MEN 50 AND OVER, 11.04AM U13 GIRLS, 11.20AM U13 BOYS, 11.40AM U15 GIRLS, 11.43AM WOMEN 40 AND OVER, 12.25PM U15 BOYS, 12.50PM U17 MEN, 13.15PM U17 AND U20 WOMEN, 13.40 U23 AND SENIOR WOMEN, 14.10PM MEN 40 TO 49		
DECEMBER 09	EUROPEAN CHAMPIONSHIPS	CHAMPIONSHIP
MALE AND FEMALE. BUDAPEST, HUNGARY		
DECEMBER 15	ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (3)	OPEN
ALL AGE GROUPS MALE AND FEMALE. ALEXANDER PALACE. STATION AND PARKING LOCALLY. NUMBERS WILL BE GIVEN OUT AT THE COURSE. SEE PAGE 1 FOR START TIMES AND DISTANCES, ALSO SEE METROPOLITAN LEAGUE WEB SITE www.metleague.co.uk FOR DIRECTIONS AND COURSE MAP.		
DECEMBER 26	BOXING DAY FUN RUN	OPEN
MALE AND FEMALE. BARNET COPTHALL CLUBHOUSE. COME AND ENJOY, IT IS NOT THE WINNING BUT COME DRESSED AS OUTRAGEOUS AS POSSIBLE.		
JANUARY 05	MIDDLESEX CHAMPIONSHIPS	CHAMPIONSHIP
ALL AGE GROUPS MALE AND FEMALE. WORMWOOD SCRUBS. CONTACT YOUR TEAM MANAGER IF YOU WISH TO BE ENTERED.		
JANUARY 06	HERTFORDSHIRE CHAMPIONSHIPS	CHAMPIONSHIP
ALL AGE GROUPS MALE AND FEMALE. VENUE TBC. CONTACT YOUR TEAM MANAGER IF YOU WISH TO BE ENTERED		
JANUARY 12	ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (4)	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 COURSE. SEE PAGE 1 FOR START TIMES AND DISTANCES, ALSO SEE METROPOLITAN LEAGUE WEB SITE www.metleague.co.uk FOR DIRECTIONS AND COURSE MAP.		
JANUARY 26	SOUTHERN CHAMPIONSHIPS	CHAMPIONSHIP
ALL AGE GROUPS MALE AND FEMALE. PARLIAMENT HILL FIELDS. CONTACT YOUR TEAM MANAGER IF YOU WISH TO BE ENTERED. START TIMES 11.00AM U15 BOYS, 11.20AM U13 GIRLS, 11.35AM U13 BOYS, 11.50AM U15 GIRLS, 12.10PM U17 MEN, 12.40PM U20 WOMEN, 1.05PM U17 WOMEN, 1.30PM U20 MEN, 2.05PM SENIOR WOMEN, 2.50PM SENIOR MEN.		

FEBRUARY 02 **NORTH WEST LONDON LEAGUE (4)** **OPEN**
YOUNG ATHLETES MALE AND FEMALE. VENUE TBC. CONTACT YOUR TEAM MANAGER FOR RACE AND TRAVEL ARRANGEMENTS.

FEBRUARY 09 **ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (5)** **OPEN**
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 (MAD BESS WOODS), WHICH IS A SHORT JOG AWAY, AND THE NUMBERS WILL BE GIVEN OUT AT THE COURSE. SEE PAGE 1 FOR START TIMES AND DISTANCES, ALSO SEE METROPOLITAN LEAGUE WEB SITE www.metleague.co.uk FOR DIRECTIONS AND COURSE MAP.

FEBRUARY 16 **NORTH OF THE THAMES CHAMPIONSHIPS** **CHAMPIONSHIP**
MALE AND FEMALE. KINGSBURY. PLEASE CONTACT YOUR TEAM MANAGER IF YOU WISH TO BE ENTERED.

FEBRUARY 23 **NATIONAL CHAMPIONSHIPS** **CHAMPIONSHIP**
MALE AND FEMALE. HERRINGTON COUNTRY PARK, SUNDERLAND. PLEASE CONTACT YOUR TEAM MANAGER IF YOU WISH TO BE ENTERED. START TIMES 11.05AM U15 BOYS, 11.30AM U17 AND U20 WOMEN, 12.00PM U13 GIRLS, 12.20PM U17 MEN, 12.50PM U15 GIRLS, 1.15PM U20 MEN, 2.00PM U13 BOYS, 2.15PM SENIOR WOMEN, 3.00PM SENIOR MN.

MARCH 02 **HORSENDEN RELAYS** **OPEN**
JSM MALE AND FEMALE. HORSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT THE PERIVALE COMMUNITY CENTRE, HORSENDEN LANE SOUTH, UB6 7NP. 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.

MARCH 02 **NORTH WEST LONDON LEAGUE (5)** **OPEN**
YOUNG ATHLETES MALE AND FEMALE. VENUE TBC. CONTACT YOUR TEAM MANAGER FOR RACE AND TRAVEL ARRANGEMENTS.

MARCH 09 **INTER-COUNTIES CHAMPIONSHIPS** **CHAMPIONSHIP**
MALE AND FEMALE. CROFTON PARK, BIRMINGHAM. TEAMS WILL BE SELECTED FOLLOWING THE COUNTY CHAMPIONSHIPS.

MARCH 16 **ENGLISH SCHOOLS CHAMPIONSHIPS** **CHAMPIONSHIP**
MALE AND FEMALE. VENUE TO BE DECIDED.

ROAD RELAY RACE INFORMATION

SEPTEMBER 22 **SOUTHERN 4 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**
JS FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT SIMON IF YOU WISH TO BE ENTERED. START TIMES 3.55PM

SEPTEMBER 22 **SOUTHERN MASTERS 4 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**
FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT SIMON AND RAY IF YOU WISH TO BE ENTERED. START TIMES 3.55PM

SEPTEMBER 22 **SOUTHERN YOUNG ATHLETES CHAMPIONSHIPS** **CHAMPIONSHIP**
MALE AND FEMALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT TONY SMITH OR TEAM MANAGER IF YOU WISH TO BE ENTERED. START TIMES 11.00AM U13 GIRLS, 11.35AM U13 BOYS, 12.30PM U15 GIRLS, 1.15PM U15 BOYS, 2.10PM U17 WOMEN, 2.55PM U17 MEN.

SEPTEMBER 23 **SOUTHERN 6 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**
JS MALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT TONY JACKSON IF YOU WISH TO BE ENTERED. START TIME 2.30PM

SEPTEMBER 23 **SOUTHERN MASTERS 4 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**
MALE. RUSHMOOR ARENA, NEAR ALDERSHOT. CONTACT RAY IF YOU WISH TO BE ENTERED. START TIME 12.30PM

OCTOBER 13 **NATIONAL MENS 6 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**
NOW BEING HELD IN CLUMBER PARK, NOTTS. ENTRIES CLOSED. START TIME 2.30PM

OCTOBER 13 **NATIONALWOMENS 4 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**
NOW BEING HELD IN CLUMBER PARK, NOTTS. ENTRIES CLOSED. START TIME 1.30PM

MARCH 24 **SOUTHERN 12 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**
JSM MALE. OPEN UNIVERSITY, MILTON KEYNES. CONTACT TONY JACKSON ON YOUR AVAILABILITY,

MARCH 24 **SOUTHERN 6 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**
JSM FEMALE. OPEN UNIVERSITY, MILTON KEYNES. CONTACT SIMON ON YOUR AVAILABILITY

APRIL 13 **NATIONAL 12 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**
JSM MALE. SUTTON PARK, BIRMINGHAM. CONTACT TONY JACKSON ON YOUR AVAILABILITY,

APRIL 13 **NATIONAL 6 STAGE CHAMPIONSHIPS** **CHAMPIONSHIP**
JSM FEMALE. SUTTON PARK, BIRMINGHAM. CONTACT SIMON ON YOUR AVAILABILITY,

APRIL 14 **NATIONAL YOUNG ATHLETES CHAMPIONSHIPS** **CHAMPIONSHIP**
YOUNG ATHLETES MALE AND FEMALE. SUTTON PARK, BIRMINGHAM. CONTACT TONY ON YOUR AVAILABILITY

MAY TBC **MASTERS ROAD RELAY CHAMPIONSHIPS** **CHAMPIONSHIP**
MALE AND FEMALE. SUTTON PARK, BIRMINGHAM. CONTACT RAY IF YOU WISH TO RUN

LONDON MARATHON

APRIL 21 **VIRGIN LONDON MARATHON** **CHAMPIONSHIPS**
MALE AND FEMALE.

APRIL 21 **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 NADEEM SHAIKH ON 07980 300169.

INDOOR RACE INFORMATION

FOR DETAILED INFORMATION, ENTRY FORMS ETC, SEE LEE VALLEY WEB SITE 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

ENTRY FORMS FOR ALL INDOOR EVENTS WILL BE ISSUED WITH THE SBH WEEKLY E-NEWSLETTER.

OCTOBER 07 **MINITHON** **OPEN**
UNDER 11 & UNDER 13 MALE AND FEMALE (SCHOOL YEARS 3 TO 7). LEE VALLEY ATHLETICS CENTRE.

DECEMBER 08 **ENFIELD & HARINGEY OPEN MEETING** **OPEN**
ALL AGE GROUPS MALE & FEMALE. LEE VALLEY ATHLETICS CENTRE.

DECEMBER 15 **MINITHON** **OPEN**
UNDER 11 & UNDER 13 MALE AND FEMALE (SCHOOL YEARS 3 TO 7). LEE VALLEY ATHLETICS CENTRE.

JANUARY 06 **ENFIELD & HARINGEY OPEN MEETING** **OPEN**
ALL AGE GROUPS MALE & FEMALE. LEE VALLEY ATHLETICS CENTRE.

JANUARY 12 **U13 & U15 OPEN MEETING** **OPEN**
UNDER 13 & UNDER 15 MALE AND FEMALE. LEE VALLEY ATHLETICS CENTRE.

JANUARY 13 **SEAA CHAMPIONSHIPS DAY 1** **OPEN**
ALL AGE GROUPS (EXCEPT U13) MALE & FEMALE. LEE VALLEY ATHLETICS CENTRE.

JANUARY 19 **SEAA CHAMPIONSHIPS DAY 2** **OPEN**
ALL AGE GROUPS (EXCEPT U13) MALE & FEMALE. LEE VALLEY ATHLETICS CENTRE.

JANUARY 20	SEAA CHAMPIONSHIPS DAY 3	OPEN
ALL AGE GROUPS (EXCEPT U13) MALE & FEMALE. LEE VALLEY ATHLETICS CENTRE.		
JANUARY 26	LONDON GAMES DAY 1	OPEN
UNDER 20 AND SENIOR MALE AND FEMALE. LEE VALLEY ATHLETICS CENTRE.		
JANUARY 27	LONDON GAMES DAY 2	OPEN
UNDER 20 AND SENIOR MALE AND FEMALE. LEE VALLEY ATHLETICS CENTRE.		
FEBRUARY 02	LONDON GAMES DAY 3	OPEN
UNDER 15 AND UNDER 17 MALE AND FEMALE. LEE VALLEY ATHLETICS CENTRE.		
FEBRUARY 17	SOUTHERN VETS AC CHAMPIONSHIPS	OPEN
MALE AND FEMALE. LEE VALLEY ATHLETICS CENTRE.		
FEBRUARY 24	SOUTH OF ENGLAND MASTERS CHAMPIONSHIPS	OPEN
MALE AND FEMALE. LEE VALLEY ATHLETICS CENTRE.		
MARCH 09	BRITISH MASTERS CHAMPIONSHIPS DAY 1	OPEN
MALE AND FEMALE. LEE VALLEY ATHLETICS CENTRE.		
MARCH 10	BRITISH MASTERS CHAMPIONSHIPS DAY 2	OPEN
MALE AND FEMALE. LEE VALLEY ATHLETICS CENTRE.		
MARCH 16	MIDDLESEX & HERTFORDSHIRE CHAMPIONSHIPS DAY 1	OPEN
ALL AGE GROUPS (EXCEPT U13) MALE & FEMALE. LEE VALLEY ATHLETICS CENTRE.		
MARCH 17	MIDDLESEX & HERTFORDSHIRE CHAMPIONSHIPS DAY 2	OPEN
ALL AGE GROUPS (EXCEPT U13) MALE & FEMALE. LEE VALLEY ATHLETICS CENTRE.		
MARCH 23	MINITHON	OPEN
UNDER 11 & UNDER 13 MALE AND FEMALE (SCHOOL YEARS 3 TO 7). LEE VALLEY ATHLETICS CENTRE.		
MARCH 31	U13 AND U15 PENTATHLON	OPEN
UNDER 13 & UNDER 15 MALE AND FEMALE. LEE VALLEY ATHLETICS CENTRE.		
APRIL 13	OUTDOOR OPEN MEETING	OPEN
MALE AND FEMALE WILL CLARIFY EXTENT OF AGE GROUPS NEARER THE TIME. LEE VALLEY ATHLETICS CENTRE.		

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