

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 - C	ROSS COUR						
SOUTHERN RELAYS		OCT 06		NATIONAL R	FI AVS		NOV 03
LONDON CHAMPIONSH	IPS	NOV 17		MIDDLESEX	-	HIPS	JAN 05
HERTFORDSHIRE CHAN	-	JAN 06		SOUTHERN		-	JAN 26
NATIONAL CHAMPIONS		FEB 23				MPIONSHIPS	MAR 16
ACTIVE TRAINING WOR	-	-	OCT 20	NOV 10	DEC 15	JAN 12	FEB 09
NORTH WEST LONDON			OCT 20	NOV 10 NOV 24	DEC 13	FEB 02	MAR 02
IAAF WORLD CHAMPION		MAR 24	00127	100 24	DLCUI		
	Nonir S	WAR 24					
MAJOR FIXTURES - R	OAD RELAY	′S					
SOUTHERN WOMENS 4	STAGE	SEP 22		SOUTHERN \	NOMENS MA	STERS	SEP 22
SOUTHERN YOUNG ATH	ILETES	SEP 22					
SOUTHERN MENS 6 STA	AGE	SEP 23		SOUTHERN I	MENS MASTE	RS	SEP 23
NATIONAL MENS 6 STA	GE	OCT 13		NATIONAL W	OMENS 4 ST	AGE	OCT 13
SOUTHERN MENS 12 ST		MAR 24		SOUTHERN			MAR 24
NATIONAL MENS 12 STA	AGE	APR 13		NATIONAL W	OMENS 6 ST	AGE	APR 13
NATIONAL YOUNG ATHI	-	APR 14		NATIONAL M			MAY TBC
LONDON MARATHON A	ND MINI-MARA	ATHONS	APR 21				
MAJOR FIXTURES - IN	NDOORS						
MINITHON				OCT 07	DEC 15	MAR 23	
EHAC OPEN MEETING				DEC 08	JAN 06		
U13 & U15 MEETING				JAN 12			
U13 & U15 PENTATHLO	N			MAR 31			
SEAA CHAMPIONSHIPS				JAN 13	JAN 19	JAN 20	
LONDON INDOOR GAME				JAN 26	JAN 27	FEB 02	
BRITISH MASTERS CHA				MAR 09	MAR 10	1 2 0 0 2	
MIDDLESEX AND HERT				MAR 16	MAR 17		
-			,	FEB 17			
SOUTHERN VETS AC CHAMPIONSHIPS SOUTH OF ENGLAND MASTERS CHAMPIONSHIPS				FEB 24			
SOUTH OF ENGLAND IN							
ACTIVE TRAINING WOR	LD METROPO	LITAN CROSS C		AGUE			
TIMETABLE AND DISTA	NCES						
	1.15	3Km	UNDER 13 E	BOYS			
	1.20	3Km	UNDER 13 (GIRLS			
NOT BEFORE	1.35	4Km	UNDER 17	MEN AND UND	ER 15 BOYS		
NOT BEFORE	1.40	4Km	UNDER 17 \	NOMEN AND U	INDER 15 GIR	LS	
NOT BEFORE	1.55	6Km	JUNIOR, SE	NIOR WOMEN	INCLUDING	VETERANS	
NOT BEFORE	2.35	8Km	JUNIOR, SE	NIOR MEN INC	LUDING VET	ERANS	
FROM THIS SEASON TH	E LEAGUE AD		WILL BE SUP	PLYING A SIM	PLE ENTRY F	ORM, TEAM	MANAGERS
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				-	,	-	

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

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 RESULT	IS 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 RESULT	IS TO COUNT	-			
U/17 GIRLS	ALL 5 METR	OPOLITAN LE	AGUES, PLUS	SOUTHERN A	ND NATIONAL	
JUNIORS	ALL 5 METR	OPOLITAN LE	AGUES, PLUS	SOUTHERN A	ND NATIONAL	
SENIORS	ALL 5 METR	OPOLITAN LE	AGUES, PLUS	SOUTHERN A	ND NATIONAL	
MASTERS	ALL 5 METR	OPOLITAN LE	AGUES, PLUS	SOUTHERN A	ND NATIONAL	
BEST 5 OUT	OF 7 RESULT	IS 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	YOUNG ATHLETES GIRLS	JUNIOR MEN
TONY SMITH	VACANT	GEORGE HARRISON
TEL: 01923 855133		TEL: 01923 263317 (H)
anthony.smith694@ntlworld.com		07957 327401 (M)
-		
SENIOR MEN ALSO UNDER 20 AND SE	NIOR WOMEN	MASTERS MEN AND WOMEN

SIMON KEENE TEL: 01494 874601 (H) 07860 629490 (M)

simon.keene@bt.com

TEAM MANAGERS - ROAD RUNNING

SENIOR MEN TONY JACKSON TEL: 01494 583600 (H) 07779 653101 (M) jac.consultants@ntlworld.com UNDER 20 AND SENIOR WOMEN SIMON KEENE TEL: 01494 874601 (H) 07860 629490 (M) simon.keene@bt.com

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

MASTERS MEN AND WOMEN

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

PLEASE SEE SBH WEEKLY NEWSLETTER FOR CURENT RACE INFORMATION

SEPTEMBER 15ST ALBANS RELAYOPENJSM MALE AND FEMALE.WESTMINSTER LODGE, ST ALBANS. RACE IS 2.5 MILES WITH 6 RUNNERS IN A MENSTEAM AND 4 RUNNERS FOR LADIES.PLEASE BE AT THE START/FINISH WHICH IS ADJACENT TO THE TRACKNO LATER THAN 2.00, RACE STARTS AT 2.45.PLEASE ADVISE SIMON IF YOU INTEND RUNNING.

OCTOBER 06SOUTHERN RELAYSCHAMPIONSHIPALL AGE GROUPS MALE AND FEMALE.LINFORD CHRISTIE STADIUM, ARTILLERY WAY, OFF DU CANE ROAD,WORMWOOD SCRUBS W12 0AE.START TIMES 11.00AM U17/U20 WOMEN, 11.40AM U20 MEN, 12.10PM U17 MEN,12.35PM U13 GIRLS, 1.00PM U13 BOYS, 1.25PM U15 GIRLS, 1.50PM U15 BOYS, 2.10PM SENIOR WOMEN, 2.40PMSENIOR MEN. FINAL DETAILS WILL BE ADVISED BY YOU TEAM MANAGER.

OCTOBER 20 ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (1) OPEN 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, ALSO SEE METROPOLITAN LEAGUE WEB SITE www.metleague.co.uk FOR DIRECTIONS AND COURSE MAP.

OCTOBER 27 NORTH LONDON

JSM MALE AND FEMALE. HORSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT THE PERIVALE COMMUNITY CENTRE, HORSENDEN LANE SOUTH UB6 7NP. THE COURSE IS A 10 MINUTE WALK, AND THE NUMBERS WILL BE GIVEN OUT AT THE START AREA. RACE TIME WILL BE CONFIRMED.

CHAMPIONSHIP

OPEN

OCTOBER 27 NORTH WEST LONDON LEAGUE (1)

YOUNG ATHLETES MALE AND FEMALE. RACE HEADQUARTERS IS AT THE PERIVALE COMMUNITY CENTRE, HORSENDEN LANE SOUTH UB6 7NP. THE COURSE IS SOME 10 MINUTE WALK FOM THE HQ, WHICH IS WERE THE NUMBERS WILL BE GIVEN OUT AT THE START AREA. START TIMES - 12.00PM U11 GIRLS 1200M, 12.10PM APPROXIMATELY U11 BOYS AND U13 GIRLS 2000M, 12.25PM APPROXIMATELY U13 BOYS AND U15 GIRLS 3000M, 12.45PM APPROXIMATELY U15 BOYS AND U17 WOMEN 4000M, 1.05PM APPROXIMATELY U17 MEN 4700M

NOVEMBER 03NATIONAL X/C RELAYSCHAMPIONSHIPALL AGE GROUPS MALE AND FEMALE. BERRY HILL PARK, MANSFIELD, NOTTINGHAMSHIRE. CONTACT YOURTEAM MANAGER IF YOU WISH TO BE ENTERED. START TIMES 11.00AM U20 WOMEN, 11.09AM U17 WOMEN,11.40AM U20 MEN, 12.10PM U17 MEN, 12.35PM U13 GIRLS, 1.00PM U13 BOYS, 1.25PM U15 GIRLS, 1.50PM U15 BOYS,2.10PM SENIOR WOMEN, 2.40PM SENIOR MEN.

NOVEMBER 10ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (2)OPENALL AGE GROUPS MALE AND FEMALE. FAIRLANDS VALLEY, STEVENAGE.THE SAILING CENTRE WHICH IS SIGNPOSTED AS YOU DRIVE UP SIX HILLS WAY FROM THE TOWN CENTRE.THE COURSE IS THE OTHER SIDE OF SIX HILLS WAY AND THERE IS A UNDERPASS UNDER THE ROAD.NUMBERS GIVEN OUT AT COURSE. SEE PAGE 1 FOR START TIMES AND DISTANCES, ALSO SEE METROPOLITANLEAGUE WEB SITE www.metleague.co.uk FOR DIRECTIONS AND COURSE MAP.

NOVEMBER 17LONDON CHAMPIONSHIPSCHAMPIONSHIPJSM MALE AND FEMALE.PARLIAMENT HILL, HAMPSTEAD. NEAREST STATION IS GOSPEL OAK. PLEASENOTIFY SIMON "NOW" IF YOU WISH TO BE ENTERED, PROVIDING YOU MEET THE ELIGIBILITY CLAUSES.ALSO INCORPORATED IS THE SOUTHERN INTER-COUNTIES. START TIMES 13.15PM SENIOR WOMEN, 14.00PMSENIOR MEN.

NOVEMBER 17LONDON YOUTH GAMESCHAMPIONSHIPYOUNG ATHLETES MALEAND FEMALE.PARLIAMENT HILL, HAMPSTEAD.NEAREST STATION IS GOSPEL OAK.TEAMS TO BE SELECTED FOLLOWING BOROUGH TRIALS.

Y, LONDON NW9 8QE. CHANGING (NO SHOWERS) AT KINGSBURY FR RYENT OPEN SPACE ABOUT FIVE MINUTES WALK FOM THE CHURCH	
TENT OF EN OF AGE ABOOT THE MINOTED WAEKTOW THE OFOROT	
NFIRMED, PLEASE ADVISE SIMON IF YOU ARE RUNNING.	•
IN INMED, I LEASE ADVISE SIMON IF TOO ARE ROUNING.	
NORTH WEST LONDON LEAGUE (2)	OPEN
E AND FEMALE. BANNISTER STADIUM, HARROW	
MANAGER FOR RACE AND TRAVEL ARRANGEMENTS.	
SBH ANNUAL GENERAL MEETING	OPEN
Z PARK	
FRATERNITY/SORORITY CUPS	OPEN
E. TRENT PARK, COCKFOSTERS ROAD, MIDDLESEX EN4 0PS. THE ST	TART IS CLOSE TO
SIBLE FOM THE WESTERN GATE OF TRENT PARK, FOUND ON THE LE	FT-HAND BEFORE
RS UNDERGROUND STATION (PICCADILLY LINE). THE RACE STARTS	S AT 2.30, AND THE
THE COURSE.	
	OPEN
,	
SOUTHERN MASTERS & INTER-COUNTIES	CHAMPIONSHIP
DODFORD GREEN, ESSEX. CONTACT YOUR TEAM MANAGER IF YOU	
O OVER, 12.25PM U15 BOYS, 12.50PM U17 MEN, 13.15PM U17 AND U20	
WOMEN, 14.10PM MEN 40 TO 49	
EUROPEAN CHAMPIONSHIPS	CHAMPIONSHIP
IDAPEST, HUNGARY	
ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (3)	OPEN
	,
WEB SITE www.metleague.co.uk FOR DIRECTIONS AND COURSE MA	P.
	OPEN
TRAGEOUS AS POSSIBLE.	
INAGEOUS AS I OSSIBLE.	
MIDDLESEX CHAMPIONSHIPS	CHAMPIONSHIP
MIDDLESEX CHAMPIONSHIPS	
MIDDLESEX CHAMPIONSHIPS	
MIDDLESEX CHAMPIONSHIPS E AND FEMALE. WORMWOOD SCRUBS. CONTACT YOUR TEAM MANA HERTFORDSHIRE CHAMPIONSHIPS	AGER IF YOU WISH CHAMPIONSHIP
MIDDLESEX CHAMPIONSHIPS E AND FEMALE. WORMWOOD SCRUBS. CONTACT YOUR TEAM MANA	AGER IF YOU WISH CHAMPIONSHIP
MIDDLESEX CHAMPIONSHIPS E AND FEMALE. WORMWOOD SCRUBS. CONTACT YOUR TEAM MANA HERTFORDSHIRE CHAMPIONSHIPS	AGER IF YOU WISH CHAMPIONSHIP
MIDDLESEX CHAMPIONSHIPS E AND FEMALE. WORMWOOD SCRUBS. CONTACT YOUR TEAM MANA HERTFORDSHIRE CHAMPIONSHIPS E AND FEMALE. VENUE TBC. CONTACT YOUR TEAM MANAGER IF YO	AGER IF YOU WISH CHAMPIONSHIP DU WISH TO BE
MIDDLESEX CHAMPIONSHIPS E AND FEMALE. WORMWOOD SCRUBS. CONTACT YOUR TEAM MANA HERTFORDSHIRE CHAMPIONSHIPS E AND FEMALE. VENUE TBC. CONTACT YOUR TEAM MANAGER IF YO ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (4)	AGER IF YOU WISH CHAMPIONSHIP DU WISH TO BE OPEN
MIDDLESEX CHAMPIONSHIPS E AND FEMALE. WORMWOOD SCRUBS. CONTACT YOUR TEAM MANA HERTFORDSHIRE CHAMPIONSHIPS E AND FEMALE. VENUE TBC. CONTACT YOUR TEAM MANAGER IF YO ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (4) DRSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT THE PE	AGER IF YOU WISH CHAMPIONSHIP DU WISH TO BE OPEN RIVALE
MIDDLESEX CHAMPIONSHIPS E AND FEMALE. WORMWOOD SCRUBS. CONTACT YOUR TEAM MANA HERTFORDSHIRE CHAMPIONSHIPS E AND FEMALE. VENUE TBC. CONTACT YOUR TEAM MANAGER IF YO ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (4) DRSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT THE PE IORSENDEN LANE SOUTH. NUMBERS WILL BE GIVEN OUT AT THE C	AGER IF YOU WISH CHAMPIONSHIP DU WISH TO BE OPEN RIVALE COURSE.
MIDDLESEX CHAMPIONSHIPS E AND FEMALE. WORMWOOD SCRUBS. CONTACT YOUR TEAM MANA HERTFORDSHIRE CHAMPIONSHIPS E AND FEMALE. VENUE TBC. CONTACT YOUR TEAM MANAGER IF YO ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (4) DRSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT THE PE	AGER IF YOU WISH CHAMPIONSHIP DU WISH TO BE OPEN RIVALE COURSE.
MIDDLESEX CHAMPIONSHIPS E AND FEMALE. WORMWOOD SCRUBS. CONTACT YOUR TEAM MANA HERTFORDSHIRE CHAMPIONSHIPS E AND FEMALE. VENUE TBC. CONTACT YOUR TEAM MANAGER IF YO ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (4) DRSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT THE PE IORSENDEN LANE SOUTH. NUMBERS WILL BE GIVEN OUT AT THE C TIMES AND DISTANCES, ALSO SEE METROPOLITAN LEAGUE WEB S DR DIRECTIONS AND COURSE MAP.	AGER IF YOU WISH CHAMPIONSHIP DU WISH TO BE OPEN RIVALE COURSE. SITE
MIDDLESEX CHAMPIONSHIPS E AND FEMALE. WORMWOOD SCRUBS. CONTACT YOUR TEAM MANA HERTFORDSHIRE CHAMPIONSHIPS E AND FEMALE. VENUE TBC. CONTACT YOUR TEAM MANAGER IF YO ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (4) DRSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT THE PERIORSENDEN LANE SOUTH. NUMBERS WILL BE GIVEN OUT AT THE C TIMES AND DISTANCES, ALSO SEE METROPOLITAN LEAGUE WEB SOR DIRECTIONS AND COURSE MAP. SOUTHERN CHAMPIONSHIPS	AGER IF YOU WISH CHAMPIONSHIP DU WISH TO BE OPEN RIVALE SOURSE. SITE CHAMPIONSHIP
MIDDLESEX CHAMPIONSHIPS E AND FEMALE. WORMWOOD SCRUBS. CONTACT YOUR TEAM MANA HERTFORDSHIRE CHAMPIONSHIPS E AND FEMALE. VENUE TBC. CONTACT YOUR TEAM MANAGER IF YO ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (4) DRSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT THE PER IORSENDEN LANE SOUTH. NUMBERS WILL BE GIVEN OUT AT THE C TIMES AND DISTANCES, ALSO SEE METROPOLITAN LEAGUE WEB S OR DIRECTIONS AND COURSE MAP. SOUTHERN CHAMPIONSHIPS E AND FEMALE. PARLIAMENT HILL FIELDS. CONTACT YOUR TEAM M	AGER IF YOU WISH CHAMPIONSHIP DU WISH TO BE OPEN RIVALE COURSE. SITE CHAMPIONSHIP IANAGER
MIDDLESEX CHAMPIONSHIPS E AND FEMALE. WORMWOOD SCRUBS. CONTACT YOUR TEAM MANA HERTFORDSHIRE CHAMPIONSHIPS E AND FEMALE. VENUE TBC. CONTACT YOUR TEAM MANAGER IF YO ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (4) DRSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT THE PERIORSENDEN LANE SOUTH. NUMBERS WILL BE GIVEN OUT AT THE C TIMES AND DISTANCES, ALSO SEE METROPOLITAN LEAGUE WEB SOR DIRECTIONS AND COURSE MAP. SOUTHERN CHAMPIONSHIPS	AGER IF YOU WISH CHAMPIONSHIP DU WISH TO BE OPEN RIVALE COURSE. SITE CHAMPIONSHIP IANAGER M U13 BOYS,
	SBH ANNUAL GENERAL MEETING Z PARK FRATERNITY/SORORITY CUPS TRENT PARK, COCKFOSTERS ROAD, MIDDLESEX EN4 OPS. THE ST BBLE FOM THE WESTERN GATE OF TRENT PARK, FOUND ON THE LE RS UNDERGROUND STATION (PICCADILLY LINE). THE RACE STARTS THE COURSE. NORTH WEST LONDON LEAGUE (3) E AND FEMALE. TRENT PARK, COCKFOSTERS ROAD, MIDDLESEX E RK ACCESSIBLE FOM THE WESTERN GATE OF TRENT PARK, FOUND CKFOSTERS UNDERGROUND STATION (PICCADILLY LINE). CONTACT ARRANGEMENTS. SOUTHERN MASTERS & INTER-COUNTIES DODFORD GREEN, ESSEX. CONTACT YOUR TEAM MANAGER IF YOU AND OVER, 11.04AM U13 GIRLS, 11.20AM U13 BOYS, 11.40AM O OVER, 12.25PM U15 BOYS, 12.50PM U17 MEN, 13.15PM U17 AND U20 WOMEN, 14.10PM MEN 40 TO 49 EUROPEAN CHAMPIONSHIPS IDAPEST, HUNGARY

FEBRUARY 02	NORTH WEST LONDON LEAGUE (4)	OPEN
YOUNG ATHLETES MAL ARRANGEMENTS.	E AND FEMALE. VENUE TBC. CONTACT YOUR TEAM MANAGER FOR	RACE AND TRAVEL
ARRANGEWENTS.		
FEBRUARY 09	ACTIVE TRAINING WORLD METROPOLITAN LEAGUE (5)	OPEN
	E AND FEMALE. CHANGING IS AT HILLINGDON AC CLUBHOUSE, AT 1	
	SE CHECK WITH YOUR TEAM MANAGER FOR THE COURSE DIRECTI	
	HORT JOG AWAY, AND THE NUMBERS WILL BE GIVEN OUT AT THE (
	TTIMES AND DISTANCES, ALSO SEE METROPOLITAN LEAGUE WEB	SITE
www.metleague.co.uk Fo	OR DIRECTIONS AND COURSE MAP.	
FEBRUARY 16	NORTH OF THE THAMES CHAMPIONSHIPS	CHAMPIONSHIP
	NGSBURY. PLEASE CONTACT YOUR TEAM MANAGER IF YOU WISH 1	
		O DE ENTERED.
FEBRUARY 23	NATIONAL CHAMPIONSHIPS	CHAMPIONSHIP
MALE AND FEMALE. HE	RRINGTON COUNTRY PARK, SUNDERLAND. PLEASE CONTACT YOU	IR TEAM MANAGER
	TERED. START TIMES 11.05AM U15 BOYS, 11.30AM U17 AND U20 WO	
	20PM U17 MEN, 12.50PM U15 GIRLS, 1.15PM U20 MEN, 2.00PM U13 B	DYS,
2.15PM SENIOR WOMEN	I, 3.00PM SENIOR MN.	
MARCH 02	HORSENDEN RELAYS	OPEN
	E. HORSENDEN HILL, GREENFORD. CHANGING IS AVAILABLE AT TH	<u> </u>
	IORSENDEN LANE SOUTH, UB6 7NP. RACE IS 2.25 MILES WITH 6 RU	
	ADIES. RACE STARTS AT 2.45. NUMBERS WILL BE GIVEN OUT AT T	
PLEASE ADVISE SIMON	IF YOU INTEND RUNNING AND TO CONFIRM START TIMES.	
MARCH 02	NORTH WEST LONDON LEAGUE (5)	OPEN
	E AND FEMALE. VENUE TBC. CONTACT YOUR TEAM MANAGER FOR	RACE AND TRAVEL
ARRANGEMENTS.		
MARCH 09	INTER-COUNTIES CHAMPIONSHIPS	CHAMPIONSHIP
	ROFTON PARK, BIRMINGHAM. TEAMS WILL BE SELECTED FOLLOW	
COUNTY CHAMPIONSHI		
	ENGLISH SCHOOLS CHAMPIONSHIPS	CHAMPIONSHIP
MALE AND FEMALE. VE	NUE TO BE DECIDED.	
ROAD RELAY RACE I	NEORMATION	
NOAD NELAT NACE I	NI ORMATION	
SEPTEMBER 22	SOUTHERN 4 STAGE CHAMPIONSHIPS	CHAMPIONSHIP
	R 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 A START TIMES 3.55PM	ARENA, NEAR ALDERSHOT. CONTACT SIMON AND RAY IF YOU WISH	TO BE ENTERED.
START TIMES 3.30PW		
SEPTEMBER 22	SOUTHERN YOUNG ATHLETES CHAMPIONSHIPS	CHAMPIONSHIP
	JSHMOOR ARENA, NEAR ALDERSHOT. CONTACT TONY SMITH OR T	
YOU WISH TO BE ENTER	RED. START TIMES 11.00AM U13 GIRLS, 11.35AM U13 BOYS, 12.30PM	U15 GIRLS,
1.15PM U15 BOYS, 2.10F	PM U17 WOMEN, 2.55PM U17 MEN.	
SEPTEMBER 23		CHAMPIONSHIP
	ARENA, NEAR ALDERSHOT. CONTACT TONY JACKSON IF YOU WISH	I TO BE ENTERED.
START TIME 2.30PM SEPTEMBER 23	SOUTHERN MASTERS 4 STAGE CHAMPIONSHIPS	CHAMPIONSHIP
	ENA, NEAR ALDERSHOT. CONTACT RAY IF YOU WISH TO BE ENTER	
START TIME 12.30PM		
	ena, near albershof. Confact hat if foo wish to be enter	ED.
	ENA, NEAK ALDERSHUT. CONTACT KAT IF TOU WISH TO BE ENTER	ED.
OCTOBER 13	NATIONAL MENS 6 STAGE CHAMPIONSHIPS	CHAMPIONSHIP
OCTOBER 13		

OCTOBER 13	NATIONALWOMENS 4 STAGE CHAMPIONSHIPS N CLUMBER PARK, NOTTS. ENTRIES CLOSED. START TIME 1.30PM	CHAMPIONSHIP
NOW BEING HELD IN	CLUMBER PARK, NOTIS. ENTRIES CLUSED. START TIME 1.30PN	n
MARCH 24	SOUTHERN 12 STAGE CHAMPIONSHIPS	CHAMPIONSHIP
JSM MALE. OPEN U	NIVERSITY, MILTON KEYNES. CONTACT TONY JACKSON ON YOU	IR AVAILABILITY,
MARCH 24	SOUTHERN 6 STAGE CHAMPIONSHIPS	CHAMPIONSHIP
JSM FEMALE. OPEN	NUNIVERSITY, MILTON KEYNES. CONTACT SIMON ON YOUR AVA	ILABILITY
APRIL 13	NATIONAL 12 STAGE CHAMPIONSHIPS	CHAMPIONSHIP
JSM MALE. SUTTON	I PARK, BIRMINGHAM. CONTACT TONY JACKSON ON YOUR AVAI	LABILITY,
APRIL 13	NATIONAL 6 STAGE CHAMPIONSHIPS	CHAMPIONSHIP
JSM FEMALE. SUTT	ON PARK, BIRMINGHAM. CONTACT SIMON ON YOUR AVAILABIL	TY,
APRIL 14	NATIONAL YOUNG ATHLETES CHAMPIONSHIPS	CHAMPIONSHIP
	ALE AND FEMALE. SUTTON PARK, BIRMINGHAM. CONTACT TO	
МАҮ ТВС	MASTERS ROAD RELAY CHAMPIONSHIPS	CHAMPIONSHIP
	SUTTON PARK, BIRMINGHAM. CONTACT RAY IF YOU WISH TO R	
LONDON MARATH	ION	
APRIL 21 MALE AND FEMALE.	VIRGIN LONDON MARATHON	CHAMPIONSHIPS
MALE AND FEMALE. THE ARRIVAL THEN	VIRGIN LONDON MARATHON MINI MARATHONS LOWER THAMES STREET, NEAR CANNON STREET STATION. SHA STARTING OF ALL 6 RACES. WE NEED AS MANY VOLUNTEERS A NADEEM SHAIKH ON 07980 300169.	
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	SEAA CHAMPIONSHIPS DAY 3	OPEN		
ALL AGE GROUPS (EXC	EPT 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		
	MALE AND FEMALE. LEE VALLEY ATHLETICS CENTRE.	-		
		ODEN		
	LONDON GAMES DAY 3 17 MALE AND FEMALE. LEE VALLEY ATHLETICS CENTRE.	OPEN		
UNDER 15 AND UNDER	IT MALE AND FEMALE. LEE VALLET ATHLETIGS GENTRE.			
FEBRUARY 17	SOUTHERN VETS AC CHAMPIONSHIPS	OPEN		
MALE AND FEMALE. LE	E VALLEY ATHLETICS CENTRE.			
FEBRUARY 24	SOUTH OF ENGLAND MASTERS CHAMPIONSHIPS	OPEN		
	E VALLEY ATHLETICS CENTRE.	•• =		
MARCH 09	BRITISH MASTERS CHAMPIONSHIPS DAY 1	OPEN		
MALE AND FEMALE. LE	E VALLEY ATHLETICS CENTRE.			
MARCH 10	BRITISH MASTERS CHAMPIONSHIPS DAY 2	OPEN		
MALE AND FEMALE. LE	E VALLEY ATHLETICS CENTRE.			
MARCH 16	MIDDLESEX & HERTFORDSHIRE CHAMPIONSHIPS DAY 1	OPEN		
ALL AGE GROUPS (EXC	EPT U13) MALE & FEMALE. LEE VALLEY ATHLETICS CENTRE.			
MARCH 17	MIDDLESEX & HERTFORDSHIRE CHAMPIONSHIPS DAY 2	OPEN		
ALL AGE GROUPS (EXC	EPT U13) MALE & FEMALE. LEE VALLEY ATHLETICS CENTRE.			
MARCH 23		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		
	L CLARIFY EXTENT OF AGE GROUPS NEARER THE TIME. LEE VALL	* . =		

ALAN WELLER - e-mail alan_weller@sky.com