

CROSS COUNTRY FIXTURES

SEPTEMBER			
28	NORTH WEST LONDON LEAGUE (1)	PERIVALE	M&F
OCTOBER			
19	METROPOLITAN LEAGUE (1)	CLAYBURY	M&F
26	LIDDIARD TROPHY/NORTH OF THE THAMES	KINGSBURY	M&F
NOVEMBER			
2	NATIONAL RELAYS	MANSFIELD	M&F
9	METROPOLITAN LEAGUE (2)	STEVENAGE	M&F
16	LONDON CHAMPIONSHIPS	PARLIAMENT HILL	M&F
16	LONDON YOUTH GAMES	PARLIAMENT HILL	M&F
23	NORTH LONDON CHAMPIONSHIPS	RUISLIP	M&F
23	NORTH WEST LONDON LEAGUE (2)	RUISLIP	M&F
23	UK CROSS CHALLENGE & EUROPEAN TRIALS	LIVERPOOL	M&F
28	CLUB ANNUAL GENERAL MEETING	ALLIANZ PARK	
DECEMBER			
7	FRATERNITY CUP/SORORITY CUP	TRENT PARK	M&F
7	NORTH WEST LONDON LEAGUE (3)	TRENT PARK	M&F
8	EUROPEAN CHAMPIONSHIPS	BELGRADE, SERBIA	M&F
14	SEAA MASTERS & INTER-COUNTIES	BIGGLESWADE	M&F
21	METROPOLITAN LEAGUE (3)	ALEXANDRA PALACE	M&F
26	BOXING DAY RUN	ALLIANZ PARK	M&F
JANUARY			
4	MIDDLESEX CHAMPIONSHIPS	WORMWOOD SCRUBS	M&F
5	HERTFORDSHIRE CHAMPIONSHIPS	WATFORD	M&F
11	METROPOLITAN LEAGUE (4)	HORSENDEN HILL	M&F
25	SOUTHERN CHAMPIONSHIPS	PARLIAMENT HILL	M&F
FEBRUARY			
1	NORTH WEST LONDON LEAGUE (4)	ALLIANZ PARK	M&F
8	METROPOLITAN LEAGUE (5)	WORMWOOD SCRUBS	M&F
22	NATIONAL CHAMPIONSHIPS	NOTTINGHAM	M&F
MARCH			
1	NORTH WEST LONDON LEAGUE (5)	WORMWOOD SCRUBS	M&F
8	INTER-COUNTIES CHAMPIONSHIPS	BIRMINGHAM	M&F
15	ENGLISH SCHOOLS CHAMPIONSHIPS	CASTLE DONINGTON	M&F

ROAD & ROAD RELAYS FIXTURES

SEPTEMBER			
7	MIDDLESEX 10K ROAD CHAMPIONSHIPS	VICTORIA PARK	M&F
15	MIDDLESEX & HERTFORDSHIRE YA'S RELAYS	MINET PARK, HAYES	M&F

ROAD & ROAD RELAY FIXTURES

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

INDOOR FIXTURES

DECEMBER			
15	EHAC OPEN MEETING	LEE VALLEY	M&F
22	MINITHON	LEE VALLEY	M&F
JANUARY			
1	NEW YEAR SPRINTS	LEE VALLEY	M&F
5	EHAC OPEN MEETING	LEE VALLEY	M&F
11	U13 & U15 OPEN MEETING	LEE VALLEY	M&F
12	SEAA CHAMPIONSHIPS DAY 1	LEE VALLEY	M&F
18/19	SEAA CHAMPIONSHIPS DAY 2 & 3	LEE VALLEY	M&F
25/26	LONDON INDOOR GAMES U20/SENIOR	LEE VALLEY	M&F
FEBRUARY			
01/02	LONDON INDOOR GAMES U15/U17	LEE VALLEY	M&F
08/09	ESSEX AND EASTERN CHAMPIONSHIPS	LEE VALLEY	M&F
15	SOUTHERN VETS AC CHAMPIONSHIPS	LEE VALLEY	M&F
16	BRITISH VETS CHAMPIONSHIPS	LEE VALLEY	M&F
23	SOUTH OF ENGLAND VETS CHAMPIONSHIPS	LEE VALLEY	M&F
MARCH			
08/09	BRITISH VETS CHAMPIONSHIPS	LEE VALLEY	M&F
15/16	MIDDLESEX & HERTS CHAMPIONSHIPS	LEE VALLEY	M&F
22	MINITHON	LEE VALLEY	M&F
30	U13 & U15 PENTATHLON	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