

We offer a variety of competitions throughout the winter for all athlete's standards for Cross Country and Road Relay disciplines at no extra cost to yourself.

For the Track and Field, we promote and provide information for indoor meetings, mainly at the Lee Valley Athletic Centre. You will have to enter yourself and pay the appropriate entry fee.

### **Cross Country**

We compete in two leagues in which you do not have to be pre-entered, just turn up on the day and run - **Start Fitness Metropolitan League** (5 fixtures throughout the winter) for all age-groups Under 11 up to Veteran Men and Women, also the **North West London League** (5 fixtures throughout the winter) for Under 11, Under 13, Under 15 and Under 17 Boys and Girls.

There are other Local, County, Regional and National fixtures in which you will have to be entered by your respective Team Manager.

**Road Relays** – Southern and National 6 and 12 Stage Relays (All Age-Groups) and again you will have to be entered by your respective Team Manager.

Link to Winter Fixture Card and Club Points and Club Championship races <http://sbharriers.co.uk/fixtures-results/fixture-cards/>