

SBH 2023-2024 WINTER SEASON – With just 2 months to go to the Cross Country and Road Relays. These are the details of the Cross Country, Road Relay and Indoor fixtures. The issue of the SBH 2023-2024 Winter Fixture Card will be towards the end of September.

Cross Country Leagues – SBH compete in both **Metropolitan League** and **North West London League**, for both these leagues you do not have to be pre-entered, just turn up and run.

The 5 **Metropolitan League** fixtures are – **14 October** at Claybury – **11 November** at Wormwood Scrubs – **2 December** at Uxbridge – **13 January** at Welwyn Garden City – **10 February** at Trent Park. For age-groups 9 up to Masters Men & Women. The organisers have a rule that you keep your race number, for the next fixture you compete in, and so on.

The 5 **North West London League** fixtures are – **30 September** at Greenford – **4 November** at Kingsbury – **25 November** at Trent Park – **3 February** at Hampstead Heath – **2/3 Tbc March** at Harrow. For age-groups Under 11 up to Under 17 Men & Women.

Remaining Cross Country Fixtures – You will have to be pre-entered by your respective Team Manager, but be aware that some fixtures have a closing date 6 to 8 weeks before the fixture date. Therefore please give your availability to your Team Manager as early as possible.

21 October Southern Relays at Wormwood Scrubs – **28 October** North London Championships at Hackney Marshes – **4 November** National Relays at Mansfield – **4 November** Liddiard Trophy at Kingsbury – **18 November** London Championships at Parliament Hill – **18 November** London Youth Games at Parliament Hill – **25 November** Fraternity/Sorority Cups at Trent Park – **25 November** UK Cross Challenge & European Trials at Liverpool – **9 December** SEAA Masters & Inter Counties at Oxford – **10 December** European Championships at Belgium – **6 January** Middlesex Championships at Greenford – **7 January** Hertfordshire Championships at Venue/Date TBC – **20 January** UK World Trial at Parliament Hill – **27 January** Southern Championships at Beckenham – **3 February** British University Championships at TBC – **10/11 February** World Championships at Croatia – **24 February** National Championships at Shropshire – **9 March** CAU Inter Counties & UK Cross Challenge Final at Loughborough – **16 March** English Schools Championships at Pontefract.

Cross Country Points and Club Championships Races – These are open for all to compete in, and run throughout the season. The winners of each age-group will receive an award at the SBH Annual General Meeting.

Cross Country Points Championships – These are the races that are available to compete in.

Under 11 Boys and Girls – All 5 Metropolitan League fixtures, plus either the Hertfordshire or Middlesex Championships – The best 4 out of 6 results to count.

Under 13, Under 15, Under 17, Under 20, Senior and Masters Men and Women – All 5 Metropolitan League fixtures, plus the Southern and National Championships – The best 5 out of 7 results to count.

Cross Country Club Championships – These are the races that are available to compete in.

Under 11 Boys and Girls – 13 January Metropolitan League – **Under 13, Under 15, Under 17 Men and Women, 9 Miles Senior Men, Under 20 and Senior Women, Masters 40+ Men and Women** – 27 January Southern Championships.

Other Events – Both these events take place at StoneX Stadium – **28 November** 133rd SBH Annual General Meeting and the Presentation of Awards for the 2023 Track & Field season, and 2022-2023 Cross Country season – **26 December** Boxing Day Road Races.

Road Relays – **23 September** is the **Southern 3,4 & 6 Stage Road Relays**, back at its traditional venue Aldershot. For age-groups Under 13 up to Masters 60+ Men & Women – **7 October** is the **National 4 & 6 Stage Road Relays**, at Sutton Park. For age-groups Under 20 and Senior Men & Women – **23 March** is the **Southern 6 & 12 Stage Road Relays**, at Milton Keynes. For age-groups Under 20 and Senior Men & Women. Includes Under 15 & 17 Road Races – **6 April** is the **National 6 & 12 Stage Road Relays**, at Sutton Park. For age-groups Under 20 and Senior Men & Women.

Indoor Track & Field Fixtures – Fixtures on **SBH Winter Fixture Card** are generally shown for Lee Valley. Normally the dates are not available until mid to late October, after the issue of the SBH Winter Fixture Card. Therefore there will be a subsequent issue of the SBH Winter Fixture Card, once the dates are confirmed.

All fixtures, you will have to enter yourself, and pay the appropriate entry fee.

Fixtures Information – All fixture information will be published on the SBH Weekly Newsletter, covering the next 6 weeks from the issue date.

SBH 2023-2024 Winter Fixture Card – There are 3 separate documents.

1 Front Sheet – Includes general Information, and details of Team Managers and Club Officers.

2 Fixture Card – Includes Cross Country, Road Relay and Indoor fixtures.

3 Information Sheet – Includes Cross Country Points and Club Championship races, Metropolitan League times and distances, Team Managers details.

The above will be issued by email towards the end of September. They can also be found on the SBH website, this is the link to locate them – <http://sbharriers.co.uk/fixtures-results/fixture-cards/>