FIXTURE INFORMATION FOR DECEMBER 2026

START FITNESS METROPOLITAN LEAGUE (OPEN) – The third fixture of five takes place on **Saturday 5 December** at Hillingdon House Farm, Uxbridge **(Satnav UB8 1ES)**.
Information including confirmation of timetable to be confirmed
Timetable – **12.00** Under 12 Boys (2.25km), **12.02** Under 12 Girls (2.25km), **12.10** Under 14 Boys (3km), **12.12** Under 14 Girls (3km), **12.30** Under 16 Boys (4.2km), **12.32** Under 16 Girls and Under 18 Women (4.2km), **12.50** Under 18 Men (5.4km), **13.20** Senior/Veteran Women (8.1km), **14.20** Senior/Veteran Men (8.1km)
Note: You do not have to be pre-entered, just turn up and run.
Please collect your race numbers from the team managers – SIMON KEENE, TY HOLDEN or HELEN BETTRIDGE

START FITNESS METROPOLITAN LEAGUE RACE NUMBERS – I have been asked to remind you that your race number must be kept by yourselves, and is to be used for all 5 fixtures.

SBH WINTER POINTS CHAMPIONSHIPS – The third Start Fitness Metropolitan League fixture at Uxbridge, is the third fixture in the Winter Points Series for all age-groups.
Age-Groups Under 14 to Veteran Men and Women, the final positions are based on the best 5 results from the 7 fixtures available. Age-Groups Under 12 Boys and Girls, the final positions are based on the best 4 results from the 6 fixtures available.

SBH WINTER CLUB CHAMPIONSHIPS – The third Start Fitness Metropolitan League fixture at Uxbridge, is the first fixture in the Winter Club Championships Series for age-groups Under 20 Men, 5 Miles Senior Men and Masters Men 40+

LEE VALLEY INDOOR OPEN MEETING (YOURSELF) – Takes place on **Sunday 6 December** at the Lee Valley Athletics Centre, 61 Meridian Way, London **(N9 0AR)**
Age-Groups - Under 14 and above
Events - 60m (2 rounds), 300m, 600m, 60m Hurdles (2 rounds), High Jump (Min 1m),
Sold out are the Pole Vault, Long Jump. Shot Put
Entries now open on Opentrack, link to Opentrack – https://data.opentrack.run/en-gb/x/2026/GBR/decopen/
Entries Closing Date Sunday 29 November - Please be advised that events may be full before the closing date.
Note: You will have to be enter yourself, and pay the appriate fee

HERTFORDSHIRE AND MIDDLESEX CHAMPIONSHIPS (CLOSED) – Takes place on **Saturday 12 December** at Stanborough Park, Welwyn Garden City, Hertfordshire **(SatNav AL8 6DF)**.
Link to full Information including course maps, can be found on the Hertfordshire website - https://my.raceresult.com/415305/info
Link to full Information including course maps, can be found on the Middlesex website - https://middlesexaa.org.uk/wp-content/uploads/2026/10/Prospectus-Middlesex-Cross-Country-Championships-2026.pdf
The reason for showing both links, is that our team managers have to enter teams separately for each county
Timetable – **11.00** Under 12 Boys (2500m), **12.02** Under 12 Girls (2500m), **11.20** Under 14 Boys (3800m), **11.22** Under 14 Girls (3800m), **11.50** Under 16 Boys (4900m), **11.52** Under 16 Girls and Under 18 Women (4900m), **12.20** Under 18 Men (6100m), **12.22** Under 20 Women (6100m), **12.55** Under 20 Men (6100m), **12.57** Senior Women (8100m), **13.35** Senior Men (11400m)
Entries Closing Date Saturday 5 December
Note: You will have to be pre-entered by your respective Team Manager

SBH WINTER POINTS CHAMPIONSHIPS – The Hertfordshire and Middlesex Championship fixture at Welwyn Garden City, is the fourth fixture in the Winter Points Series for the Under 12 Boys and Girlsl age-groups.
Age-Groups Under 12 Boys and Girls, the final positions are based on the best 4 results from the 6 fixtures available.

LEE VALLEY INDOOR MINITHON (YOURSELF) – Takes place on **Saturday 12 December** (not 20 December) at the Lee Valley Athletics Centre, 61 Meridian Way, London **(N9 0AR)**
For (Year 3&4 U10), (Year 5&6 U12), (Year 7&8 U14)
Link to entries on Opentrack - https://data.opentrack.run/en-gb/x/2026/GBR/minithon2/
Entries To Open On Saturday 14 November
Note: You will have to be enter yourself, and pay the appriate fee

EUROPEAN CROSS COUNTRY CHAMPIONSHIPS (CLOSED) – Takes place on **Sunday 13 December** at Belgrade, Serbia
Note: You will be selected following the trials

SOUTHERN INDOOR CHAMPIONSHIPS DAYS 1 & 2 (YOURSELF)– Takes place on **Saturday 19 December** and **Sunday 20 December** at Lee Valley Athletics Centre are 61 Meridian Way, Edmonton **(Satnav N9 0AR)**
Events Saturday U14 to Senior 60m Hurdles, 1500m Heats, U16/U18 Triple Jump and Senior Pole Vault - Sunday U14 to Senior 1500m Final, U18 to Senior High Jump, U16 to Senior Shot Put, U14/U16/U18 200m and U20/Senior Triple Jump
To enter please use this link (not open as yet) – https://www.seaa.org.uk/index.php/events/track-and-field
Entries Closing Date Tuesday 8 December
Note: You will have to enter yourself and pay the appropriate entry fee

SBH BOXING DAY BONANZA RUN (OPEN) – Takes place on **Saturday 26 December** at StoneX Stadium.
DAVE BEDFORD will be organising this event, with the racing starting at **11.00.**
The issuing of numbers, refreshments and prize giving takes place in the Indoor Track area. Distance 2 miles and 1 mile for Under 12 and above. Only £2 entry fee! There will be prizes, raffle (bring cash) and free refreshments.....why not come in fancy dress.
A run or even walk for all the family including pets!. Last year we had 50 runners! Donations to the raffle welcome with winners galore!