**INFORMATION ON FIXTURES FOR THE NEXT 8 WEEKS – 24 NOVEMBER TO 23 JANUARY. ALSO DATES FOR SBH 2027 INDOOR FIXTURES WHICH WILL BE HELD AT STONEX STADIUM**

**IF YOU HAVE ANY QUESTIONS PLEASE CONTACT ALAN WELLER AT ALANWELLER111@GMAIL.COM**

**SBH 136th ANNUAL GENERAL MEETING (OPEN)** – Takes place on **Tuesday 24 November** in the 100 Club, East Stand, StoneX Stadium, Greenlands Lane, Hendon, London **(SatNav NW4 1RL)**. The presentation of Awards will not be held at the AGM, but in a seperate event in early 2027.
Link to the Agenda –

**SOUTHERN INTER COUNTY CHAMPIONSHIPS (CLOSED)** – Takes place on **Saturday 28 November** at Lloyd Park, Croydon **(SatNav CR0 5RA)**. .
**Timetable** – **11.00** U14 Girls (Approximately 3k), **11.20** U14 Boys (Approximately 3k), **11.40** U16 Girls (Approximately 4k), **12.25** U16 Boys (Approximately 4k), **12.50** U18 Men (Approximately 5k), **13.15** U18 Women (Approximately 5k), **13.40** U20 Women and Senior Women (Approximately 6k)
**Entries Closed**

**SOUTHERN MASTERS CHAMPIONSHIPS (CLOSED)** – Takes place on **Saturday 28 November** at Lloyd Park, Croydon **(SatNav CR0 5RA)**.
**Timetable** – **11.45** Women 40+ 50+, 60+ (Approximately 6k), **14.10** Men 40+, 50+, 60+ (Approximately 10k)
**Entries Closed**

**UK CROSS CHALLENGE AND EUROPEAN TRIALS (YOURSELF)** – Takes place on **Saturday 28 November** at Sefton Park, Liverpool

**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)
Entries Full

**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
Entries open, link to enter –
https://meets.rosterathletics.com/public/competitions/details/about?id=30025
**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!

**LEE VALLEY NEW YEARS INDOOR OPEN MEETING (YOURSELF)** – Takes place on **Saturday 2 January**, at the Lee Valley Athletics Centre, 61 Meridian Way, Edmonton **(Satnav N9 0AR)**.
Events are 60m, 200m 300m, 400m and 800m. For all age-groups U14 and above.
To enter please use this link to Opentrack - https://data.opentrack.run/en-gb/x/2027/GBR/lvacnewyearsopen/

**Entries Closing Date Wednesday 30 December - Please be advised that events may be full before the closing date.**
**Note: You will have to enter yourself and pay the appropriate entry fee**

**START FITNESS MEDICINE METROPOLITAN LEAGUE (OPEN)** – The fourth fixture of five takes place on **Saturday 16 January** at at Stanborough Park, Welwyn Garden City, Hertfordshire **(SatNav AL8 6DF)**.
The information below is based on last seasons fixture, to be updated early January
**Race HQ** – Race HQ and Registration wiill be adjacent to the Start/Finish area at the South end of the North side of the park.
**Changing Facilities and Toilets** – There are no changing rooms, so please arrive ready to run. Toilets are available in the amenity block by the Splashlands playground. Extra portable toilets will be provided at the end of the car park, close to the amenity block. There are also toilets located at the Sailing Centre on the South side of the park.
**Refreshments** – Will be available from the kiosk in the amenity block on the North side of the park or from the café by the Sailing Centre on the South side of the park.
**Public Transport** – Welwyn Garden City Station (Main Line) 1.25 miles from the park.Walking – exit from the Station through the front entranceof the Howard Centre Walk directly ahead along Howardsgate towards the fountain. Turn left into Parkwayat the end of Howardsgate.Walk along Parkwayfor approximately half a mile to the end (roundabout at Gosling Sports Park). Turn right and walk along Stanborough Green for approximately half a mile until you reach the Park (on the right).
**Driving** – Leave the A1 (M) at Junction 4, (after the Hatfield Tunnel). At the roundabout take the second exit to A414/A6129. At the next roundabout take the first exit A6129. The entrance to the car park on the North side is on your laft after around 100m. The entrance to the car park on the South side is more or less opposite but you cannot gain access from the laft side of the carriageway. As early arrivers will undoubtedly fill the car park on the North side, you may be advised to go straight to the one on the South side.
**Parking** – There is a fairly large car park on the North side of the park, adjacent to the course. Theres is a very large car park on the South side of the park, 5 minutes walk to the course.
These car parks are camera operated and you must pay or you may incure a fine. You can pay at a meter by card. However, payment does not have to be immediate – see attached photo of sign on Link to the full information below.
**Dircections To Course** – There is a footpath under the road bridge, providing traffie-free access between the South side and the North side of the park.
**Course** – The start and finish are in grassed parkland. The remainder is an undulating parkland course with two short woodland sections on each longer loop and a short steep climb and then decent of each of the shorter loops, all being suitable for spikes..
The Senior course has a narrow section about 800m from the start, which will probably slow runners on the opening lap of the Men's race.
Link to the full information, includes **Course Maps** –
**Please Note** – You may wish to access the Metropolitan League web for any late information that may be posted - https://metleague.run/Fixtures/
**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) timetable to be confirmed
**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 Metropolitan League fixture at Welwyn Garden City is the fifth race for the Under 12 Boys and Girls in their six race series. Also it is the fourth race for the Under 14 and above age-groups in their 7 race series.

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 CLUB CHAMPIONSHIPS** – The Metropolitan League fixture at Welwyn Garden City is the Club Championship race for the Under 12 Boys and Girls

**ENGLAND U20 & SENIOR INDOOR COMBINED EVENTS CHAMPIONSHIPS (YOURSELF)** – Takes place on **Saturday 16 January** and **Sunday 17 January** at EIS, Coleridge Lane, Sheffied **(Satnav S9 5DA)**
Events Saturday – U20M & SM Heptathlon, U20W & SW Pentathlon
Entries open, ink to enter -
https://meets.rosterathletics.com/public/competitions/details/schedule?id=29831
**Entries Closing Date Monday 14 December**
**Note: You will have to enter yourself and pay the appropriate entry fee**

**SOUTHERN INDOOR CHAMPIONSHIPS DAYS 3 & 4 (YOURSELF)** – Takes place on **Saturday 16 January** and **Sunday 17 January** at Lee Valley Athletics Centre are 61 Meridian Way, Edmonton **(Satnav N9 0AR)**
Events Saturday U14 to Senior 800m Heats, U14/U16 60m, U16/U18 Pole Vault and U20/Senior Long jump - Sunday U14 to Senior 800m Finals, U16 to Senior 3000m, U16/U18 Long Jump, U18 to Senior 60m and U20 Pole Vault
Entries open, link to enter –
https://meets.rosterathletics.com/public/competitions/details/about?id=30031
**Entries Closing Date Tuesday 5 January**
**Note: You will have to enter yourself and pay the appropriate entry fee**

**NORTH WEST LONDON LEAGUE (OPEN)** – The fourth fixture of five which takes place on **Saturday 23 January** at Gadebridge Park, Leighton Buzzard Road, Hemel Hempstead **(Satnav HP1 1DN)**.
For age-groups U12, U14, U16 & U18 Boys and Girls.
**Timetable** – The first race starts at **11.30**
**Note: You do not have to be pre-entered, just turn up and run. Please see TY HOLDEN or HELEN BETTRIDGE who will give you a race number**

**HERTFORDSHIRE AND MIDDLESEX MASTERS CHAMPIONSHIPS (CLOSED)** – The fourth fixture of five which takes place on **Saturday 23 January** at Gadebridge Park, Leighton Buzzard Road, Hemel Hempstead **(Satnav HP1 1DN)**
**Timetable** – The first race starts at **14.00**
The above information to be confirmed
**Note: You will have to be pre-entered by your respective Team Manager**

**LEE VALLEY LONDON U20 AND SENIOR INDOOR GAMES (YOURSELF)** – Takes place at Lee Valley Athletics Centre are 61 Meridian Way, Edmonton **(Satnav N9 0AR)** on **Saturday 23 January** and **Sunday 24 January**.
Events are 60m, 200m, 400m, 800m, 60m Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump and Shot Put.
The above information to be confirmed
Link to entries on Opentrack, not open as yet **-** https://data.opentrack.run/en-gb/x/2027/GBR/ligu20sen/
**Entries Closing Date TBC - Please be advised that events may be full before the closing date.**
**Note: You will have to enter yourself and pay the appropriate entry fee.**

**BRITISH MASTERS PENTATHLON AND 3000M INDOOR CHAMPIONSHIPS (YOURSELF)** – Takes place on **Saturday 23 January** at the Cardiff International Sports Complex, Leckith Road, Cardiff **(Satnav CF11 8AZ)** .
Entries open, link to enter - https://data.opentrack.run/en-gb/x/2027/GBR/bmaf-ipen/
**Entries Closing Date Moday 11 January - Please be advised that events may be full before the closing date.**
**Note: You will have to enter yourself and pay the appropriate entry fee.**

**INFORMATION FOR SBH INDOOR FIXTURES 2027, WHICH WILL BE HELD AT STONEX STADIUM. TO BE CONFIRMED**

Sunday 14 February Indoor Jumps 1
Sunday 14 March Throwsfest 1
Sunday 28 Mach Throwsfest 2
Sunday 4 April Indoor Jumps 2