

Running Event	No. needed for Mens Team	No. needed for Ladies team	Race Type	Races	Distance	Cost	UKA requirement	Conditions	Stubby Website	External Website	Season	Day	Start time
HRRL	4 - A Team 4 - B Team 4 - C Team 4 - D Team	3 - A Team 3 - B Team 3 - C Team 4 - D Team	Road	1. Overton 5 miles 3rd Sept 2017 2. Solent Half Marathon 24th Sept 2017 3. Gosport Half Marathon 19th Nov 2017 4. Hayling 10 miles 26th Nov 2017 5. Victory 5 miles 3rd Dec 2017 6. Stubbington 10K 14th Jan 2018 7. Ryde 10 miles 4th Feb 2018 8. Eastleigh 10k 18th Mar 2018 9. Salisbury 10 miles 8th Apr 2018 10. Alton 10 miles 6th May 2018 11. Netley 10K 20th May 2018 12. Lordshill 10K 24th June 2018	5 Miles up to Half Marathon	Yes - payable for each event	Yes	1st claim only	Hampshire Road Race League	official HRRL website	Sept - Jun	Sunday	Various
Hampshire Cross Country	5 Mens Seniors 3 Mens Vets	3 ladies	Cross Country	1. Kings Park, Bournemouth 14th Oct 2017 2. Queen Elizabeth Country Park 11th Nov 2017 3. Popham, Basingstoke 2nd Dec 2017 4. Prospect Park, Reading 13th Jan 2018 5. Aldershot 10th Feb 2018	3k - 10k	Free - wear club vest	Yes	1st claim or 2nd claim	Hampshire Cross Country League	Hampshire Athletics League	Oct - Feb	Saturday	13.35 & 14.30 (Senior/Vets)
Southern Cross Country	5 Men	3 ladies	Cross Country	1. Pamber Forest 8th Oct 2017 2. QE Country Park 12th Nov 2017 3. The Bourne Woods 10th Dec 2017 4. Lord Wandsworth College 31st Dec 2017 5. Manor Farm Country Park 21st Jan 2018 (SGR Marshalling) 6. Polecat Valley 25th Feb 2018	About 5 miles	Free - wear club vest	No	no guest or indiv runners	Southern Cross Country League	Southern Cross Country	Oct - Mar	Sunday	11am
CC6	4 Men	3 ladies	Cross Country	1. Fleming Park, Eastleigh 17th Sept 2017 2. Whiteley Woods, Whiteley 1st Oct 2017 (SGR Marshalling) 3. Dibden Inclosure, Dibden Purlieu 5th Nov 2017 4. Janesmoor Pond New Forest 10th Dec 2017 5. Badger Farm, Winchester 7th Jan 2018 6. Kings Garn Inc - Romsey 21st Jan 2018 7. Dennywood - Totton 18th Feb 2018 8. Wilverley - New Forest 11th Mar 2018	4-5 Miles	Free - wear club vest	No	1st claim only	CC6 Cross Country League	CC6 Cross Country League	Sept - Mar	Sunday	9.30 am
RR10	5 - A Team 5 - B Team 5 - C Team	3 - A Team 3 - B Team 3 - C Team	Cross Country	1. Royal Victoria Country Park 2. Stoney Cross 3. Wilverley, Sway 4. Recreation Ground, Blackfield 5. Fleming Park 6. Manor Farm Country Park 7. Marwell (location tbc) 8. Whiteley 9. Janesmoor Pond, Stoney Cross 10. Itchen Valley Country Park 11. IBM Hursley Park	4-5 Miles	Free - wear club vest	No?		RR10 League	RR10 League	Apr-Aug	Wednesday	evening from 7pm
Hampshire Cross Country Championship	6 Mens Seniors 4 Mens Vets	4 ladies	Cross Country	Fairthorne Manor Botley - Jan 2018 tbc	5-7 Miles	Yes	Yes		XC Championships	Hampshire Athletics Championships	Jan	Saturday	13.00 & 14.00 (Senior/Vets)
Southern Cross Country Championship	6 Mens Seniors 4 Mens Vets	4 ladies	Cross Country	Parliament Hill London 24th Feb 2018	5-9 miles	Yes	Yes	1st claim only	XC Championships	Sout of England Athletic Association	Jan	Saturday	14.00 & 14.50 (Senior/Vets)
National Cross County Championship	6 Men	4 ladies	Cross Country	Location tbc - date tbc	8k - 12k	Yes	Yes	1st claim only	XC Championships	English Cross Country	Feb	Saturday	14.00 & 15.00 (Senior/Vets)
Hampshire Road Relay	3 Men 6 Senior	3 ladies	Road	Lakeside North Harbour, Portsmouth	2.38k (1 lap per person)	Yes	No			Lakeside Road Relay	Apr	Sunday	11.00 am
South Downs Way Relay Team	6 Vets	6 ladies	Cross Country	Starts Beachy Head - Ends Holden Farm - Chilcomb Sports Ground Jun 2018	10k x3	Yes	No	14 hour time limit		South Downs Relay	Jun	Saturday	0500 am