

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 <b>04/09/2016</b> 2. Solent Half Marathon <b>09/10/2016</b> 3. Gosport Half Marathon <b>20/11/2016</b> 4. Hayling 10 miles <b>27/11/2016</b> 5. Victory 5 miles <b>04/12/2016</b> 6. Stubbington 10K <b>15/01/2017</b> 7. Ryde 10 miles <b>05/02/2017</b> 8. Eastleigh 10k <b>19/03/2017</b> 9. Salisbury 10 miles <b>09/04/2017</b> 10. Alton 10 miles <b>07/05/2017</b> 11. Netley 10K <b>21/05/2017</b> 12. Lordshill 10K <b>18/06/2017</b>	5 Miles up to Half Marathon	Yes - payable for each event	Yes	1st claim only	<a href="#">Hampshire Road Race League</a>	<a href="#">official HRRL website</a>	Sept - Jun	Sunday	Various
Hampshire Cross Country	5 Mens Seniors 3 Mens Vets	3 ladies	Cross Country	1. Farley Mount 2. Popham 3. Kings Park, Bournemouth 5. Prospect Park, Reading 6. Queen Elizabeth Country Park	3k - 10k	Free - wear club vest	Yes	1st claim or 2nd claim	<a href="#">Hampshire Cross Country League</a>	<a href="#">Hampshire Athletics League</a>	Oct - Feb	Saturday	13.35 & 14.30 (Senior/Vets)
Southern Cross Country	5 Men	3 ladies	Cross Country	1. Basingstoke & MH AC Pamber Forest 2. Portsmouth Joggers QE Country Park 3. Farnham Runners The Bourne Woods 4. Hart Road Runners Lord Wandsworth Col. 5. Stubbington Green R Manor Farm CP 6. Haslemere Border AC Polecat Valley	About 5 miles	Free - wear club vest	No	no guest or indiv runners	<a href="#">Southern Cross Country League</a>	<a href="#">Southern Cross Country</a>	Oct - Mar	Sunday	11am
CC6	4 Men	3 ladies	Cross Country	1. Fleming Park, Eastleigh - Eastleigh, Itchen Spitfires & Hedge End 2. Whiteley Woods, Whiteley - Stubbington & Netley 3. Dibden Inclosure, Dibden Purlieu - Hartley 4. Janesmoor Pond New Forest - Lordshill & Wessex 5. Badger Farm, Winchester - Southampton, WADAC & Solent Running Sisters 6. Kings Garn Inc - Romsey, Halterworth & Southampton Tri 7. Dennywood - Totton 8. Wilverley - New Forest, Lymington Athletics & Lymington Tri	4-5 Miles	Free - wear club vest	No	1st claim only	<a href="#">CC6 Cross Country League</a>	<a href="#">CC6 Cross Country League</a>	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 - <b>19th April, 2017</b> 2. Stoney Cross - <b>3rd May, 2017</b> 3. Wilverley, Sway - <b>17th May, 2017</b> 4. Recreation Ground, Blackfield - <b>31st May, 2017</b> 5. Fleming Park - <b>7th June, 2017</b> 6. Manor Farm Country Park - <b>21st June, 2017</b> 7. Marwell - <b>5th July, 2017</b> 8. Whiteley - <b>12th July, 2017 TBC</b> 9. Janesmoor Pond, Stoney Cross - <b>19th July, 2017 (Stubby drop out run)</b> 10. Itchen Valley Country Park - <b>2nd August, 2017</b> 11. IBM Hursley Park - <b>16th August, 2017</b>	4-5 Miles	Free - wear club vest	No?		<a href="#">RR10 League</a>	<a href="#">RR10 League</a>	Apr-Aug	Wednesday	evening from 7pm
Hampshire Cross Country Championship	6 Mens Seniors 4 Mens Vets	4 ladies	Cross Country	Fairthorne Manor Botley	5-7 Miles	Yes	Yes		<a href="#">XC Championships</a>	<a href="#">Hampshire Athletics Championships</a>	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	5-9 miles	Yes	Yes	1st claim only	<a href="#">XC Championships</a>	<a href="#">Sout of England Athletic Association</a>	Jan	Saturday	14.00 & 14.50 (Senior/Vets)
National Cross Country Championship	6 Men	4 ladies	Cross Country	Wollaton Park Nottingham	8k - 12k	Yes	Yes	1st claim only	<a href="#">XC Championships</a>	<a href="#">English Cross Country</a>	Feb	Saturday	14.00 & 15.00 (Senior/Vets)
Hampshire Road Relay	3 Men	3 ladies	Road	Lakeside North Harbour, Portsmouth	2.38k (1 lap per person)	Yes	No			<a href="#">Lakeside Road Relay</a>	Apr	Sunday	11.00 am
South Downs Way Relay Team	6 Senior 6 Vets	6 ladies	Cross Country	Starts Beachy Head - Ends Holden Farm - Chilcomb Sports Ground - <b>3rd June</b>	10k x3	Yes	No	14 hour time limit		<a href="#">South Downs Relay</a>	Jun	Saturday	0500 am