	No. needed for	No. needed for											
Running Event	Mens Team	Ladies team	Race Type	Baces	Distance	Cost	UKA requirement	Conditions	Stubby Website	External Website	Season	Day	Start time
ituining Event	IVICIIS TEATH	Laures team	nace Type	1. Overton 5 miles 3rd Sept 2017	Distance	COST	OKA requirement	Conditions	Stubby Website	External Website	Jeason	Day	Start time
				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									
	4 - A Team	3 - A Team		9. Salisbury 10 miles 8th Apr 2018									
	4 - B Team	3 - B Team		10. Alton 10 miles 6th May 2018									
	4 - C Team	3 - C Team		11. Netley 10K 20th May 2018	5 Miles up to Half	Yes - paybable for each							
HRRL	4 - D Team	4 - D Team	Road	12. Lordshill 10K 24th June 2018	Marathon	event	Yes	Ist claim only	Hampshire Road Race League	official HRRL website	Sept - Jun	Sunday	Various
THAT I	4 B rediii	4 D rediii	Houd	Kings Park, Bournemouth 14th Oct 2017	IVIGIGENON	CVCIIC	1.03	ist claim omy	Transparre Hodd Hace Eedgae	Official Fittle Website	эсре зап	Junuay	Various
				2. Queen Elizabeth Country Park 11th Nov 2017									
				3. Popham, Basingstoke 2nd Dec 2017									
	5 Mens Seniors			4. Prospect Park, Reading 13th Jan 2018									13.35 & 14.30
Hampshire Cross Country	3 Mens Vets	3 ladies	Cross Country	5. Aldershot 10th Feb 2018	3k - 10k	Free - wear club vest	Voc	Ist claim or 2nd claim	Hampshire Cross Country League	Hampshire Athletics League	Oct - Feb	Saturday	(Senior/Vets)
riampsime cross country	5 IVIEIIS VECS	J laules	Cross Country	1. Pamber Forest 8th Oct 2017	JK - 10K	Tiee - Wear club vest	163	13t claim of 2nd claim	Transpanie Cross Country League	Hampshire Athletics League	Oct - Teb	Jaturuay	(Selliol/Vets)
				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)				no guest or indiv					
Southerns Cross Country	5 Men	3 ladies	Cross Country	6. Polecat Valley 25th Feb 2018	About 5 miles	Free - wear club vest	No	runners	Southern Cross Country League	Southern Cross Country	Oct - Mar	Sunday	11am
Southerns cross country	J WEII	3 laules	Cross Country	Fleming Park ,Eastleigh 17th Sept 2017	About 5 miles	Tree - wear club vest	140	Turniers	Southern Cross Country League	Journal Cross Country	Oct - Iviai	Juliuay	110111
				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									
CC6	4 Men	3 ladies	Cross Country	8. Wilverley - New Forest 11th Mar 2018	4-5 Miles	Free - wear club vest	No	Ist claim only	CC6 Cross Country League	CC6 Cross Country League	Sept - Mar	Cunday	9.30 am
cce	4 IVIEII	3 laules	Cross Country	Royal Victoria Country Park	4°3 Willes	Free - Wear club vest	INU	ist ciaiiii oiliy	CCO Cross Country League	CC6 Cross Country League	Sept - Iviai	Sulluay	9.30 alli
				2. Stoney Cross									
				3. Wilverley, Sway									
				4. Recreation Ground, Blackfield									
				5. Fleming Park									
				6. Manor Farm Country Park									
				7. Marwell (location tbc)									
				8. Whiteley									
	5 - A Team	3 - A Team											
	5 - B Team	3 - B Team		Janesmoor Pond, Stoney Cross Itchen Valley Country Park									
RR10			C C		4-5 Miles	F	No?		RR10 League	RR10 League		14/	
UUIU	5 - C Team	3 - C Team	Cross Country	11. IBM Hursley Park	4-3 IVIIIeS	Free - wear club vest	INU!	+	NNIO LEAGUE	nniu League	Apr-Aug	Wednesday	evening from 7pm
lu	6 Mens Seniors 4 Mens Vets	4 ladies	C C	Foliaborous Manage Debless, Jan 2010 abo	5-7 Miles	V	lv	1	VC Championships	Hampshire Athletics Championships	l		13.00 & 14.00
Hampshire Cross Country Champsionship	6 Mens Seniors	4 ladies	Cross Country	Fairthorne Manor Botley - Jan 2018 tbc	5-7 Miles	Yes	Yes	+	XC Championships	mampsnire Athletics Championships	Jan	Saturday	(Senior/Vets) 14.00 & 14.50
Southerns Cross Country Championship	4 Mens Vets	4 ladies	Cross Country	Parliament Hill London 24th Feb 2018	5-9 miles	Voc	Voc	Ist claim only	VC Championships	Sout of England Athletic Association	lan	Caturday	(Senior/Vets)
Southerns cross country championship	4 iviens vets	4 idules	cross country	ramament rim condon 24th red 2018	5-3 miles	Yes	Yes	ist cidim only	XC Championships	Sout or England Athletic Association	Jan	Saturday	14.00 & 15.00
N-4:! C C!	C 14	41-41	C C	I amakan akan dasa aka	01. 121.	V	l	las atalas auto	VC Characterships	Facilish Const Country			
National Cross County Championship	6 Men	4 ladies	Cross Country	Location tbc - date tbc	8k - 12k	Yes	Yes	Ist claim only	XC Championships	English Cross Country	Feb	Saturday	(Senior/Vets)
L					2.38k (1 lap per		l				1.	l	
Hampshire Road Relay	3 Men	3 ladies	Road	Lakeside North Harbour, Portsmouth	person)	res	No			Lakeside Road Relay	Apr	Sunday	11.00 am
L	6 Senior			Charle Deschalled Fords Helder From Chilesenh County C	1012		l	A A harmatima limit		5 11 5 5 1	1.		0500
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	INO	14 hour time limit	I .	South Downs Relay	Jun	Saturday	0500 am