

2011 - 2012

X COUNTRY

T&F LEAGUE COMPETITIONS

T&F (TALK TO YOUR COACH 1st)

SEPTEMBER

Saturday 24th Aldershot Southern Road Relays Aldershot

OCTOBER

Saturday 8th Chiltern League Cross Country Wigmore Valley, Luton
 Thursday 13th St Albans District Schools Cross County Championships

NOVEMBER

Saturday 5th English Cross Country Relays Mansfield
 Saturday 12th Chiltern League Cross Country Cassiobury Park, Watford

DECEMBER

Saturday 3rd Chiltern League Cross Country St Albans
 Sunday 4th Windsor, Slough & Eaton Open (Indoors) Windsor PV, HJ, 60 & 60H
 Saturday 10th SEAA Inter Counties Cross Country Croydon

JANUARY 2012

Sat & Sun 7th & 8th AVIVA England Senior & U20 Combined Events & Area Championships Sheffield Entry Form: EA website
 Sunday 8th Windsor, Slough & Eaton Open (Indoors) Windsor Shot, Triple, Long, 60 & 60H
 Sunday 8th Herts AAA County Cross Country Championships Stevenage
 Saturday 14th U13 & U15 Indoor Open Lee Valley Entry Form: Lee Valley website
 Saturday 14th Chiltern League Cross Country Slough
 Sunday 15th SEAA U15/U17 Indoor Pentathlons & Individual Championships Lee Valley Entry Form : SEAA website
 Sat & Sun 21st & 22nd SEAA Indoor Individual Championships (all age groups) Lee Valley Entry Form : SEAA website
 Saturday 28th AVIVA International Match Glasgow
 Saturday 28th Southern Cross Country Championships Brighton
 Sat & Sun 28th & 29th London Indoor Games 2012 Senior & U20 Lee Valley Entry Form: Lee Valley website

FEBRUARY

Saturday 4th Windsor, Slough & Eaton Open (Indoors) Windsor PV, HJ, 60 & 60H
 Saturday 4th London Indoor Games 2012 U17 & U15 Lee Valley Entry Form : Lee Valley website
 Saturday 4th Herts County Schools Cross Country Championships St Albans
 Sunday 5th BMAF S of E Masters Indoors (MASTERS) Lee Valley Entry Form:
 Saturday 4th McCain City Challenge Sheffield
 Saturday 11th Chiltern League Cross Country Wing, Nr Leighton Buzzard
 Sat & Sun 11th & 12 AVIVA Indoor UK Trials & Championships Sheffield
 Sat & Sun 11th & 12 Eastern & Essex Indoor Championships Lee Valley Entry Form :
 Saturday 15th National Cross County Championships Parliament Hill
 Saturday 18th AVIVA Indoor Grand Prix Birmingham
 Sat & Sun 25th & 26 AVIVA England Age Group Championships Birmingham Entry Form: EA website

MARCH

Saturday 3rd McCain City Challenge Lee Valley
 Sat & Sun 3rd & 4th England U15/U17 Combined Events Championships Sheffield Entry Form: EA website
 Sunday 4th Hertfordshire/Middlesex Indoor Championships Lee Valley Entry Form :
 Sunday 4th Windsor, Slough & Eaton Open (Indoors) Windsor Shot, Triple, Long, 60 & 60H
 Saturday 10th UK Inter Counties Cross Country Cofton Park, Birmingham
 Sat & Sun 17th & 18th BMAF Indoor Championships (MASTERS) Lee Valley Entry Form
 Saturday 17th English Schools Cross County Ilton, Somerset
 Sunday 18th Masters County Cross Country Championships Digswell
 Sunday 25th U13 & U15 Indoor Pentathlon / 60m, 800m, 200, 60H Lee Valley Entry Form : Lee Valley website

APRIL

3rd - 8th World Masters Indoor Championships (MASTERS) Jvskyla, Finland
 Friday 6th Herts Pheonix Open Graded Gosling Entry Form : Herts Pheonix Athletic Club website
 Saturday 28th Southern Athletics League Watford
 Sunday 29th National Junior Athletics League TBA
 Sunday 29th EYAL St Albans

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MAY

Sunday	4th, 5th & 6th	BUCS - Olympics Test Event	Olympic Stadium, London
Sunday	6th	National Young Athletics League	Bedford
Wednesday	9th	The School Games	Olympic Stadium, London
Sat & Sun	12th & 13th	Hertfordshire AAA County Championships	Watford Entry Form
Saturday	19th	Southern Athletics League	Woodford
Sunday	20th	National Young Athletics League	St Albans
Sat & Sun	26th & 27th	England Senior U20 Combined Events Champs	Bedford Entry Form: EA website
Saturday	26th	SEAA U15 and U20 Inter Counties	Copthall Entry Form: SEAA website
Sunday	27th	BMAF Outdoor Pentathlon & 10k Track Run/Walk (MASTERS)	Oxford TBA Entry Form
Sunday	27th	Eastern Young Athletics League	Cambridge

JUNE

Sat, Sun, Mon	2nd, 3rd, 4th	EA Senior & Parallel Success Champs	Birmingham
Sat & Sun	9th & 10th	SEAA Combined Events	Copthall Entry Form: SEAA website
Saturday	9th	Southern Athletics League	Newham
Sunday	10th	Eastern Young Athletics League	Braintree
Sunday	10th	Bedford International Games	Bedford
Sat & Sun	16th & 17th	Aviva World Trials & U20/U23 Championships	Bedford Entry Form :
Saturday	16th	Herts County Schools Championships	
Sunday	17th	National Young Athletics League	High Wycombe
Sunday	17th ***	BMAF Throws Pentathlon (MASTERS)	Copthall Entry Form
Fri, Sat & Sun	22, 23, 24th	Aviva Olympic Trials & UK Championships	Birmingham
Sunday	24th	National Junior Athletics League	TBA
Saturday	30th	ESAA T&F Cup Final	
Sat & Sun	30th & 1st	ESAA Combined Events Regional Round	Watford or Stevenage

JULY

Sunday	1st ***	BMAF Throws Pentathlon (MASTERS)	Copthall Entry Form
Sat & Sun	7th & 8th	SEAA U20 and Senior Championships	Crystal Palace Entry Form: SEAA website
Sunday	8th	Eastern Young Athletics League	Stevenage
Sunday	8th	McCain Birmingham Games	Birmingham Entry Form
Fri & Sat	13th & 14th	Aviva London Grand Prix & London Disability Athletics	Crystal Palace
Sat & Sun	14th & 15th	SEAA U15 and U17 Championships	Watford (tbc) Entry Form: SEAA website
Saturday	14th	Southern Athletics League	Sandy
Wednesdays	18th	International Invitation Meeting	Cardiff
Saturday	21st	SIAB Schools International	
Sat & Sun	21st & 22nd	BMAF Outdoor Championships (MASTERS)	Derby Entry Form
Sunday	22nd	National Junior Athletics League	TBA
Sunday	29th	National Young Athletics League - Area Finals	TBA

AUGUST

	3rd - 11th	2012 London Olympics	Olympic Stadium, London
Sat & Sun	4th & 5th	EA Age Group Combined Events - McCain Combined Events	Stoke Entry Form
Sat & Sun	4th & 5th	BMAF Decathlon/Heptathlon Championships (MASTERS)	Oxford Entry Form
Sunday	12th	National Junior Athletics League	TBA
Sunday	19th	Eastern Young Athletics League	Lee Valley
Sat & Sun	18th & 19th	England U15/U17 Championships	Bedford Entry Form
	16th - 25th	European Veterans Outdoor Championships (MASTERS)	Zittua, Germany Entry Form
Sat & Sun	25th & 26th	McCain CAU Inter Counties & UK Challenge Final	Bedford
Sunday	26th	Aviva Birmingham Grand Prix	Birmingham
	29th -9th Sept	2012 London Paralympic Games	Olympic Stadium, London

SEPTEMBER

Saturday	1st	Southern Athletics League	St Albans
Saturday	1st	National Young Athletes League Auxiliary Final	TBA
Sunday	2nd	National Young Athletes League Main Final	TBA
Sunday	9th	National Junior Athletes League - National Final	TBA
Sunday	16th	Eastern Young Athletics League - FINALS	TBA