

## 151st Season - Cross Country and Road 2019/20

Changing and refreshments for Hayes based home fixtures will be at The Club House

### Entry Fees

Entry for fixtures featuring a Club Championship or Bennett Cup points will cost members £4.00. This does not apply to athletes under 18 years old but they are invited to make a £1 donation. Handicap times are calculated by the Hon Handicapper, so members are kindly requested to blame him for the occasional (!) injustice which may seem to strike the undeserving.

**Bennett Cup** Events in **BOLD** Fixtures marked (B1 to B9) are Bennett Cup events – 9 in total

This trophy is awarded to the person with the highest aggregate points score from the handicap competition held as part of those events marked **(Bn)** – nine in total. The points for each event will be: 30 points for 1st, down to 1 point for 30th and all other finishers.

### Mob Matches

**All Club members are expected to compete in Mob Matches**, unless in possession of a valid Doctors Certificate or a letter from your mum.

14-Sep	<b>Saturday</b>	<b>Will Bolton Memorial XC Relays (13:45) B1</b>	<b>Sparrows Den</b>
22-Sep	Sunday	SEAA 6/4/3 Stage Road Relays	Crystal Palace
29-Sep	<b>Sunday</b>	<b>Club 5 Miles XC Championships (10:30) B2</b>	<b>Hayes (Club House)</b>
06-Oct	Sunday	National Road Relays	Sutton Coldfield (TBC)
12-Oct	Saturday	Kent League 1	Swanley Park
19-Oct	<b>Saturday</b>	<b>Orion Mob Match (14:30) B3</b>	<b>Chingford</b>
19-Oct	Saturday	SEAA XC Relays	Wormwood Scrubs
26-Oct	Saturday	Kent League 2	Somerhill School, Tonbridge
27-Oct	<b>Sunday</b>	<b>Mob Match v SLH (11:00) including 7.5 Mile Championship B4</b>	<b>Hayes B&amp;BHAC Club House</b>
02-Nov	Saturday	National XC Relays	Berryhill Park, Mansfield

09-Nov	Saturday	Kent League 3	Danson Park, Bexleyheath
16-Nov	Saturday	London XC Champs	Parliament Hill, London
23-Nov	Saturday	South of Thames Junior TBC	
07-Dec	Saturday	Intercounties XC and National Masters XC Championship	Horspath, Oxford
07-Dec	Saturday	Kent Vets	Central Park Dartford
08-Dec	Sunday	European XC Championships	Lisbon
14-Dec	Saturday	Kent League 4	Footscray Meadows, Bexley
15-Dec	Sunday	Christmas Yacht Handicap (10:30) B5	Hayes (Club House)
21-Dec	Saturday	South of Thames Senior 7.5 mile (14:00)	Lloyd Park
26-Dec	Wednesday	Fancy Dress Paper-chase (11:00)	TBA
04-Jan	Saturday	Kent CC Champs	Brands Hatch, West Kingsdown
12-Jan	Sunday	Open 10k XC (including Vets Championships) + Mob Match v Beckenham Road Runners and Croydon Striders (10:30) B6	Hayes (Club House)
25-Jan	Saturday	SEAA XC Championships	Parliament Hill, London
01-Feb	Saturday	ESAA SE Schools Inter-counties	
02-Feb	Sunday	Club 10 miles Championships (10:30) B7	Hayes (Club House)
08-Feb	Saturday	Kent League 5	Norman Park
22-Feb	Saturday	National XC Champs	Nottingham
07-Mar	Saturday	Mob Match v Ranelagh (11:00) B8	Richmond Park
14-Mar	Saturday	English Schools XC	Liverpool
15-Mar	Sunday	SEAA 6/12 Stage Road Relays? TBC	Milton Keynes
22-Mar	Sunday	Closing 5 miles Handicap (14:30) B9 Club Photograph (13:45)	Hayes (Club House)
28-Mar	Saturday	AGM	Hayes (Club House)
06-Apr	Saturday	National 6/12 Stage Road Relays	Sutton Coldfield (TBC)
26-Apr	Sunday	London Marathon	Greenwich
08-May	Friday	Ted Pepper Memorial 10k	Norman Park, Hayes