

2009/10 Club Championship Races

1)	Sutton 10 km	3 rd May	(road)
2)	Dave Clarke 5 km	7 th May	(road)
3)	Richmond half marathon	10 th May	(road)
4)	Hillcrest 10km	17 th May	(off-road)
5)	Any Near-as-damn-it 10km	28 th May, 25 th June, 30 th July	(off-road)
6)	Dorking 10 miles	31 st May	(road)
7)	Tour of Epsom – day 1	8 th June	(trail)
8)	Tour of Epsom – day 2	9 th June	(road/off-road)
9)	Tour of Epsom – day 3	10 th June	(off-road)
10)	Tour of Epsom – day 4	11 th June	(road/trail)
11)	Tour of Epsom – day 5	12 th June	(trail/off-road)
12)	Dysart Dash	28 th June	(road)
13)	Nonsuch Park Relays	2 nd July	(off-road)
14)	Elmore 7	19 th July	(road)
15)	Elmbridge 10 km	26 th July	(road)
16)	Belgrave 5 km	9 th August	(road)
17)	Any September marathon	September	(road)
18)	Croydon Switchback 5	27 th September	(off-road)
19)	Gibb 5	3 rd October	(off-road)
20)	Surrey Cross-Country League	10 th October (2 races)	(off-road)
21)	Croydon 10km	18 th October	(road)
22)	Any Surrey Classic 10km	25 th Oct, 1 st Nov, 20 th Dec	(road)
23)	Surrey Cross-Country League	7 th November (2 races)	(off-road)
24)	Pirie 10	5 th December	(off-road)
25)	Tadworth 10 miles	3 rd January	(road)
26)	Surrey Cross-Country League	9 th January (2 races)	(off-road)
27)	The Perch	23 rd January	(trail/off-road)
28)	Surrey Cross-Country League	6 th & 27 th February (2 races)	(off-road)
29)	Valentines 10km	14 th February	(road)
30)	Any Banstead Woods/ Roundshaw Downs parkrun	6 th , 13 th , 20 th & 27 th March	(off-road)