

**SOUTHERN RUNNING GUIDE
SPRING 2012 RACE LISTING**

APRIL

DATE	EVENT	VENUE	START
01	Whole Foods Market Breakfast Run	Kingston Town Centre	08:00
01	Sussex Marathon & Half Marathon	Heathfield	08:30
01	KNI Half Marathon Borough Run	Chingford Plains, London	09:00
01	Old Deer Park Richmond 10K	Old Deer Park, Richmond	09:15
01	Streets Ahead Croydon Half Marathon	Sandilands Club, Croydon	09:15
01	Bournemouth Bay Run 10K	Pier Approach, Bournemouth	09:30
01	Regent's Park Races Summer 10K - April	The Hub, The Regent's Park	09:30
01	Leicester 10K 2012	Abbey Park, Leicester	09:30
01	Derby 10K Business Team Challenge	Pride Park, Derby	09:30
01	Bedford Harriers Oakley 20	Lincroft Middle School, Oakley	10:00
01	White Horse Half Marathon	Old Mill Hall, Grove	10:00
01	Brooks 23rd Paddock Wood Half Marathon	Eldon Way, Paddock Wood	10:00
01	Bournemouth Bay Run Half Marathon	Pier Approach, Bournemouth	10:00
01	Reaper	Pippingford Park, Nutley	10:00
01	Mizuno Reading Half Marathon	Madejski Stadium, Reading	10:05
01	10k Run by the Rotary Club of Edmonton	Lee Valley Leisure Complex	10:30
01	St Clare Hospice 10K	St Clare Hospice, Hastingwood	10:30
01	The Gauntlet 12K/5K	Bures Pit, Colchester	11:00
01	Brill Hilly 10K	Windmill, Brill	11:00
01	Mel's Milers Multi-Terrain 10K	Christ's Hospital, Horsham	11:00
01	Skyline120 Braintree 5	The Discovery Centre, Braintree	11:00
01	Resolution Run 5k	Shotover Country Park, Oxford	11:00
01	HEROES RUN London 10K	Clapham Common, London	11:00
01	Bournemouth Bay Run 5K	Pier Approach, Bournemouth	11:45
01	Combe Gibbet to Overton 16	Overton Recreation Centre	14:00
04	Woking 3 Miles Monthly Handicap - April	Woking Leisure Centre	12:30
06	Sudbury Fun Run	Belle Vue Park, Sudbury	09:15
06	Maidenhead Easter 10	Maidenhead Office Park	09:30
06	Folkestone 10	Hythe Community School	11:00
06	Crown to Crown 5K April Race	Westley Heights C'try Pk, Basildon	11:00
06	Isle of Man Easter Festival 10K	Shore Road, Port Erin	18:00
07	Compton Downland Challenge 20/40	The Downs School, Compton	09:00
07	Guildford Monthly 5K Time Trial - April Race	Stoke Park, Guildford	09:00
07	Victoria Park Open 5 mile road race	South Woodford, London	14:30
07	Newport to Ryde 7	Methodist Church Hall, Newport	15:00
08	Northampton Run Fest 10k	Delapre Abbey, Northampton	10:00
08	Capital Runners Bushy Park Easter 10K	Bushy Park, Hampton	10:00
08	Northampton Run Fest Marathon	Delapre Abbey, Northampton	10:00
08	Northampton Run Fest Half Marathon	Delapre Abbey, Northampton	10:00
09	London Easter Bunny 10k Hop	Regents Park, London	10:30
09	West Wight Three Hills 8	West Wight Sports Centre	12:00
14	Hurstbourne 5	Hurstbourne Tarrant	11:00

CONTACT NO	EMAIL	WEB	COST
0208 399 3579	raceinfo@humanrace.co.uk	humanrace.co.uk/events/run/breakfast-run	
01424 810 096	info@sussexmarathon.co.uk	www.sussexmarathon.co.uk	£34
	boroughrun@knifoundation.org	www.kniboroughrun.kk5.org	£25
	admin@energizedsports.com	www.energizedsports.com	£15
07802 641 773	info@croydonhalf.co.uk	www.croydonhalf.co.uk	£17
	northwestwales@bhf.org.uk	www.bhf.org.uk	
07713 327 690	mauriceraynor@london.com	regentsparkraces.org	
01789 267 337	info@thresholdevents.co.uk	www.runstratford.co.uk	£17
01332 295 544	melaniec@cooperparry.com	www.cooperparry.com/events	£24
01234 307 013	hello@bedfordharriers.co.uk	www.bedfordharriers.co.uk	£23
01235 868 111	halfm@whitehorseharriers.org	www.whitehorseharriers.org	£12
	paddock.woodac@btopenworld.com	www.paddockwoodac.co.uk	£17
	northwestwales@bhf.org.uk	www.bhf.org.uk	
	info@reaperevents.co.uk	www.reaperevents.co.uk 35	
020 8232 1315	events@sweatshop.co.uk	www.readinghalfmarathon.com	£33.50
0208 805 7995	mebhussain@yahoo.co.uk		£5
01279 773 750	fund@stclarehospice.org.uk	www.stclarehospice.org.uk	£12
07528 489 999	info@muckyraces.co.uk	www.muckyraces.co.uk	£22
07786 622 253	p.okeefe@tiscali.co.uk	www.oxfordcityathleticclub.com	£12
07817 897 734	col1nshaw@mac.com	www.melsmilers.co.uk	£10
	paulmiller64@hotmail.co.uk		£10
07956 558 725	ruth.dunkin@stroke.org.uk	www.stroke.org.uk/fundraising	£10
07967 189 482	james@pioafrica.org.uk	www.heroesrun.org.uk	£14
	northwestwales@bhf.org.uk	www.bhf.org.uk	
01256 467 085	combegibbet@overtonharriers.org.uk	www.overtonharriers.org.uk	£14
01483 564 274	jim@villamiller.demon.co.uk	www.villamiller.demon.co.uk	
	enquiries@sudburyfunrun.co.uk	sudburyfunrun.co.uk	£10
	mten@maidenheadac.co.uk	www.maidenheadac.co.uk/easter10.htm	£16
	johnthompson2020@hotmail.com	folkestonerunningclub.co.uk	£13
01268 768 082		pitsearunningclub.org.uk	
01624 628 403	kimharding@manx.net	www.easterfestival.info	
01635 578 536	downlandchallenge@comptonharriers.org.uk	comptonharriers.org.uk	£16
07947 275 090	fiona.ian@ntlworld.com	www.ggac.co.uk	
0208 504 6108	major_carr@yahoo.co.uk		£12
01983 616 497	races@rydeharriers.co.uk	www.rydeharriers.co.uk	£10
07747 803 090	guy@gobeyondchallenge.co.uk	gobeyondultra.co.uk	£14
07876 026 121	info@capitalrunners.com	www.capitalrunners.com	£16.50
07747 803 090	guy@gobeyondchallenge.co.uk	gobeyondultra.co.uk	£24
07747 803 090	guy@gobeyondchallenge.co.uk	gobeyondultra.co.uk	£18
01797 230 999	info@nice-work.org.uk	www.nice-work.org.uk	£18
01983 616 497	races@rydeharriers.co.uk	www.rydeharriers.co.uk	£8
	hurstbourne5@yahoo.com	www.hbt.org.uk/Hbt5Race.htm	£11

APRIL

DATE	EVENT	VENUE	START
15	Darent Valley 10K	Anthony Roper School, Eynsford	08:30
15	Paris Marathon	Paris, France	08:45
15	Newham Classic 10K	West Ham Park, Stratford	09:00
15	Maxifuel Nutrition Winter Duathlon Series - April	Dorney Lake, Windsor	09:00
15	Rock N Roll Edinburgh Half Marathon	Meadowbank Stadium, Edinburgh	09:00
15	Brighton Marathon 2012	Preston Park, Brighton	09:00
15	Great Welsh Marathon	Millennium Coastal Park, Llanelli	09:00
15	Milano City Marathon	Milan, Italy	09:20
15	Fullers Thames Towpath 10	Uni of Westminster Sports Ground	09:30
15	Finsbury Park 10K Race April	Finsbury Park, Islington	10:00
15	Capital Runners Richmond Park 10K April	Richmond Park, London	10:00
15	Tri Adventure Sprint	Mickleham, Dorking	10:00
15	Bungay Black Dog Marathon	Maltings Meadow, Bungay, Suffolk	10:30
15	Flitwick 10K	Millennium Green, Flitwick	10:30
15	The Hertford Charity 10K	Richard Hale School, Hertford	10:30
15	Tri Adventure Trail Race	Mickleham, Dorking	11:00
15	Cambridge Cambourne 10K/Fun Run	Cambourne, Cambridgeshire	11:00
15	Hartfield 10k and Fun Run	Town Croft, High Street, Hartfield	11:00
15	Bungay Black Dog Half Marathon	Maltings Meadow, Bungay, Suffolk	12:30
15	Great Ireland Run	Phoenix Park, Dublin	13:00
16	Boston Marathon	Boston, USA	09:00
20	Jogle Ultra	John O'Groats	06:00
21	All Nations 10k/5K Run 2012	Dorney Lake, Eton, Windsor	09:30
21	Clandon Park Junior Fun Run	George Abbot School, Guildford	10:40
21	Clandon Park Run 10K/4K	George Abbot School, Guildford	11:00
21	The Votwo ONER Ultra Marathon	Portland Dorset	18:00
22	Virgin London Marathon & Mini Marathon	Greenwich Park, London	09:00
22	St Georges Day Half Marathon	Stanwick Lakes, Wellingborough	10:00
22	St Georges Day 5K/10K	Stanwick Lakes, Wellingborough	10:00
22	The Demon Run - London	Swinley Forest, Bracknell	11:00
22	Maxifuel Nutrition 5K & 10K Flyer - April	Dorney Lake, Windsor	12:00
25	Promenade 5K Road Race - April	Mountbatten Centre, Portsmouth	19:15
27	Brooks, Serpentine Last Friday of the Month 5K	The Bandstand, Hyde Park	12:30
28	Crawley A.I.M Charity 6/12 Hour Track Race	K2 Leisure Centre, Crawley	07:00
28	Trent Park RC 5K Handicap - April Race	Southgate Hockey Centre	09:00
28	Run Richmond Park 10K April	Richmond Park	10:00
28	Run Richmond Park 5K April	Richmond Park	10:00
29	Bracknell Half Marathon	South Hill Pk Arts Centre, Bracknell	09:00
29	Shakespeare Marathon	Waterside, Stratford-upon-Avon	09:30
29	Shakespeare Half Marathon	Waterside, Stratford-upon-Avon	09:30
29	Milton Keynes Marathon	stadiummk, Milton Keynes	10:00
29	Houghton 11K Trail Run 2012	Village Hall, Houghton	10:00
29	Goudhurst 10K	Risebridge Health & Sports Club	10:30

CONTACT NO	EMAIL	WEB	COST
	sdac_race@yahoo.com	www.swanleyanddistrictac.org	
		www.parismarathon.com	
020 8257 4505		www.newhamclassic10k.com	£21.50
07909 915 444	enquiries@f3events.co.uk	www.f3events.co.uk	£40
	admin@edinburgh-half.co.uk.	www.edinburgh-half.co.uk	£29
08543 100 088	info@brightonmarathon.co.uk	www.brightonmarathon.co.uk	
01554 758 036	enquiries@humanbeingactive.org	www.greatwelshmarathon.org.uk	£30
	info@milanocitymarathon.it	milanocitymarathon.gazzetta.it	
	west4harriers@gmail.com	www.west4harriers.com/TowpathTen	
0845 257 1160	running@innovationsports.co.uk	www.innovationsports.co.uk	£15.50
0208 971 9888	info@capitalrunners.com	www.capitalrunners.com	£16.50
07792 453 136	sam@triadventure.co.uk	www.triadventure.co.uk	£25
01359 271 757	entries.secretary@bungay-marathon.co.uk	www.bungayblackdogrunningclub.co.uk	£20
07767 428 880	racedirector@Flitwick10k.org.uk	www.flitwick10k.org.uk	£12
01992 581 554	l.radford230@btinternet.com	theherfordcharityrun.co.uk	£11
07792 453 136	sam@triadventure.co.uk	www.triadventure.co.uk/trail	£10
		cambridgefestivalofrunning.com	£14
01892 770 201	Hartfield.funrun@live.co.uk	www.hartfieldonline.com	£10
01359 271 757	entries.secretary@bungay-marathon.co.uk	www.bungayblackdogrunningclub.co.uk	£17
	info@greatrun.org	www.greatrun.org	
		www.baa.org	
07775 921 665	jen@ultrarace.co.uk	www.ultrarace.co.uk	
020 8144 0797	info@thefixuk.com	www.thefixevents.com	£18
01483 888 006	runclandon@stonepiles.eu	www.clandonparkrun.co.uk	£5
01483 888 006	runclandon@stonepiles.eu	www.clandonparkrun.co.uk	
07540 902 612	events@votwo.co.uk	www.votwoevents.co.uk	£140
020 7902 0200		www.london-marathon.co.uk	
	lloyd@ultramarathon.org.uk	www.ultramarathon.org.uk	£20
	lloyd@ultramarathon.org.uk	www.ultramarathon.org.uk	£17
07876 751 717	dave@warriorevents.co.uk	www.thedemonrun.co.uk	
07909 915 444	enquiries@f3events.co.uk	www.f3events.co.uk	£21
02392 651 446	events@portsmouthathletic.co.uk	www.portsmouthathletic.co.uk	£7
020 8422 3900	MalcolmFrench@aol.com	www.serpentine.org.uk	£4
01342 717 222	pamstorey@tiscali.co.uk	pamstorey.co.uk	£32
07746 961 58	handicap@trentparkrc.org	www.trentparkrc.org	£3
020 8144 0797	info@thefixuk.com	www.thefixevents.com	£16
020 8144 0797	info@thefixuk.com	www.thefixevents.com	£13
01344 352 000	half.marathon@bracknell-forest.gov.uk	www.bracknell-forest.gov.uk/leisure	£19
	info@shakespearemarathon.org.uk	www.shakespearemarathon.org.uk	
	info@shakespearemarathon.org.uk	www.shakespearemarathon.org.uk	
	run@miltonkeynesmarathon.co.uk	www.miltonkeynesmarathon.co.uk	£36
01794 389 237	houghton.trail@gmail.com	www.houghton-trail-event.org.uk	£10
01797 230 999	martin@nice-work.org.uk	www.nice-work.org.uk	£14

MAY

DATE	EVENT	VENUE	START
02	Woking 3 Miles Monthly Handicap - May	Woking Leisure Centre	12:30
03	Dave Clarke 5K Road Race	Nonsuch Park, Epsom	19:30
04	Marathon RelayGB	London	08:00
04	Star Wars Fancy Dress Charity 5k	Woodside Stadium, Wafford	18:00
05	The "Pony Express" New Forest Multistage Ultra	Brockenhurst College, Lyndhurst	09:00
05	Guildford Monthly 5K Time Trial - May Race	Stoke Park, Guildford	09:00
05	Sussex Living East Grinstead 10 Mile	East Grinstead Sports Club	10:30
05	Sussex Living Marathon Weekend	East Grinstead	10:30
05	Peckham 10K	Peckham Rye Park, London	11:00
06	Ranelagh Harriers Richmond Half Marathon	Richmond	08:30
06	Regent's Park Races Summer 10K - May	The Hub, Regent's Park	09:00
06	1066 Relay	Pevensey Castle, East Sussex	09:00
06	Long Leg Run	Albury Cricket Club, Surrey	09:00
06	Three Forts Marathon/Half Marathon	Rotary Field, Worthing	10:00
06	Sussex Living Haywards Heath 10 Mile	Haywards Heath	10:30
06	Frimley Park 10K - May	Frimley Park Hospital	10:30
06	Bespak Grand East Anglia Run 2011	King's Lynn	10:30
06	Fordingbridge Fire Station 10K	Fordingbridge Fire Station	11:00
07	Ted Pepper Memorial 10K	Beckenham	10:00
07	Sussex Living Burgess Hill 10K	Burgess Hill	10:30
07	Whitstable 10K Road Race	The Waterfront Club, Whitstable	11:00
07	Saucony Hampshire 10k	Mountbatten Centre, Portsmouth	11:00
07	Watford 10K	Cassiobury Park, Watford	11:30
07	Chalgrove Festival 10K	Recreation Ground, Chalgrove	12:00
09	British Heart Foundation Tower of London Jog	Tower of London	16:30
09	Crown to Crown 5K May Evening Race	Westley Heights C'try Pk, Basildon	19:30
12	London 2 Brighton Challenge	Starting from Richmond	07:00
12	Runner's World Trailblazer - Bedgebury Forest 10k	Bedgebury Forest, Kent	10:00
12	Grim II - Beast in the East	Canada Heights, Swanley, Kent	10:30
12	Orpington Marafun	King's Centre, Orpington	10:30
13	Whole Hog Hindleap Warren	Outdoor Educational Centre	09:30
13	Staines 10K	Spelthorne Leisure Centre, Staines	09:00
13	Prague Marathon	Prague, Czech Republic	09:00
13	Grant & Stone Marlow 5	Higginson Park, Marlow	09:30
13	Lymington Lifeboat 10K	Woodside Park, Lymington	10:00
13	Lactic Rush 8	Great Myles Farm, Brentwood	10:00
13	Oxford Town and Gown 10K	Oxford	10:00
13	Hogsmill Ladies Five	The Harrier Centre, Epsom	10:00
13	Dunsfold 10K	Dunsfold Park, Cranleigh	10:00
13	Halstead & Essex Marathon	Halstead Leisure Centre, Halstead	10:00
13	Bayer Newbury 10K	Waterside Youth & Com. Centre	10:15
13	Sutton Runners 10K	Sutton	10:30
13	Bluebell 5	Deanes Sch. Sports C'tre, Benfleet	10:30
13	Votwo Kamikaze The Final Sortie (8 miles)	Pipping Ford Park, Crawley	10:30

CONTACT NO	EMAIL	WEB	COST
01483 564 274	jim@villamiller.demon.co.uk z2r0u0n8z@yahoo.co.uk	www.villamiller.demon.co.uk www.runningwithdavid.com	£4
07734 681 882	john@relaygb.org	www.relaygb.org	£50
08447 365 265	info@veteranscharity.org.uk	www.veteranscharity.org.uk	£10
07801 244 628	neil@xnrg.co.uk	www.xnrg.co.uk	£95
07947 275 090	fiona.ian@ntlworld.com	www.ggac.co.uk	
01797 230 999	info@nice-work.org.uk	www.nice-work.org.uk	£15
01797 230 999	martin@nice-work.org.uk	www.nice-work.org.uk	£35
07977 831 519	mark.caswell1@btinternet.com	www.southlondonfives.co.uk	£10
01737 814 844	enquiries@sportssystem.co.uk	ranelaghhalfmarathon.webs.com	£18
07713 327 690	mauriceraynor@london.com	regentsparkraces.org	£12
07918 907 265	nickbrown@careerlegal.co.uk	www.spanglefish.com/1066relay	£60
07863 137 132	rory@allabouttriathlons.co.uk	www.longlegrun.co.uk	£15
01903 813 142	entries@threefortschallenge.org.uk info@nice-work.org.uk	www.threefortschallenge.org.uk www.nice-work.org.uk	£15
01276 604 626	sally.mclaren@fph-tr.nhs.uk	www.frimleypark.nhs.uk	£14
		www.grandeastangliarun.co.uk	
	petewhite999@btinternet.com	www.fordingbridgefirestation.com	£9.50
	andy.tucker@chartisinsurance.com	www.bandbhac.org.uk	
	info@nice-work.org.uk	www.nice-work.org.uk	
	enquiries@whitstable10k.org.uk	www.whitstable10k.org.uk	
07936 145 985	colin.goater@tesco.net		£12
	racedirector@watford10k.org.uk	www.watford10k.org.uk	£17
	info@chalgrovesfestival10k.com	www.chalgrovesfestival10k.com	£14
	eastevents@bhf.org.uk	bhf.org.uk/londonjogs	£12
01268 768 082		pitsearunningclub.org.uk	£1
020 7354 1465	info@london2brightonchallenge.com	www.london2brightonchallenge.com	£75
0203 195 0185	info@ratraceadventure.com	www.rwtrailblazer.com	£19
07770 747482	tony@inmotionsport.com	beast.grimchallenge.co.uk/home	£18
01689 828 166	marafun@footstepsinternational.org	www.footstepsinternational.org	£15
08700 340 040	events@mariecurie.org.uk info@staines10k.co.uk	www.mariecurie.org.uk/events www.staines10k.co.uk	£35
		www.praguemarathon.com	
		www.handycrossrunners.co.uk	£12
01782 398 114	lymington10k@frsystems.co.uk	www.frsystems.co.uk/lymington10k	£12
	traceytrainer@hotmail.co.uk	www.adventureracessex.co.uk	£24
	oxford@muscular-dystrophy.org	www.muscular-dystrophy.org/get_involved	
	sabinegreen@btinternet.com	www.epsomallsorts.org.uk	£9
01252 373 797	mike@209events.com	www.209events.com	£16
07890 011 369	2012@halsteadandessexmarathon.co.uk	www.halsteadandessexmarathon.co.uk	
01635 563 031	newbury10k@yahoo.co.uk	www.bayer.co.uk	
		www.suttonrunners.org/contact	£12
01702 479111	info@castlepointjoggers.co.uk events@votwo.co.uk	users.aber.ac.uk/aiv/bluebell5.htm www.votwo.co.uk	£6 £26

MAY

DATE	EVENT	VENUE	START
13	Hastings Runners 5 Mile	Hastings Town Centre	10:30
13	Alton Ten	Eggars School, Holybourne, Alton	10:30
13	Hillcrest 10K Run	Warlingham Rugby Football Club	11:00
13	Saffron Crocus Trail 10	The Common, Saffron Walden	11:00
14	Self Transcendence 5K - May Race 1	Battersea Park, London	19:00
15	Queen Mother Reservoir 5k/10k Race Series	Queen Mother Reservoir, Horton	19:30
15	Bushy Park 10K Trail Challenge	Bushy Park, Kingston	19:30
19	Soldier Challenge	Waterloo Station London	10:30
20	Richmond Park Marathon 2012	Richmond Park, London	09:00
20	Run Jersey Half Marathon	La Route du Nord, St. John, Jersey	09:00
20	Tewkesbury Half Marathon	Tewkesbury	09:30
20	Bristol 10K	Bristol	09:30
20	Run to Live @ Denbies 10M	Denbies Wine Estate, Dorking	10:00
20	Clapham Common 10K/5K Series - May	Bandstand, Clapham	10:00
20	Run to Live @ Denbies Fun Runs 5/2.5K	Denbies Wine Estate, Dorking	10:00
20	The General 10K	Winchester	10:00
20	Marwell Wildlife 10K	Marwell Wildlife, Winchester	10:30
20	Stockley Park Easter 10k	Stockley Park, Uxbridge	10:30
20	Brathay Windermere Marathon	Brathay Hall, Ambleside	10:30
20	Stockley Park 10k	Stockley Park, Uxbridge	10:30
20	Stoke Row 10km	The Cherry Tree Inn, Stoke Row	10:30
20	Bognor Prom 10K	West Park, Bognor Regis	10:30
20	Southampton Athletic Club 10K	Royal Victoria C'try Pk, Eastleigh	10:30
20	Hook 6 & 10 Mile Road Races	Hook Schools Site, Hook	11:00
20	Sittingbourne Invicta 10K	Westlands School, Sittingbourne	11:00
20	Wheathampstead 10K & 2K	Memorial Hall, Wheathampstead	11:00
20	Prestwood 10K	Sprinters Leisure Centre, Prestwood	11:00
20	Edmund Carr 10 Mile Gt Baddow Charity Race	Recreation Ground, Great Baddow	11:00
20	Hatchlands 10K Parkland Charity Run	Hatchlands Historic Pk, East Horsley	11:00
21	Self Transcendence 5K - May Race 2	Battersea Park, London	19:00
23	British Heart Foundation Canary Wharf Jog	Canary Wharf, London	18:30
23	Promenade 5K Road Race - May	Mountbatten Centre, Portsmouth	19:15
25	Brooks, Serpentine Last Friday of the Month 5K	The Bandstand, Hyde Park, London	12:30
26	Dukeries Ultra	YHA Sherwood Forest, Edwinstowe	09:00
26	Edinburgh Marathon Festival 10K/5K/Junior Run	Holyrood Park, Edinburgh	09:00
26	Trent Park RC 5K Handicap - May Race	Southgate Hockey Centre	09:00
26	Runner's World Trailblazer - Forest of Dean	Forest of Dean	10:30
27	Edinburgh Marathon Festival Half Marathon	Edinburgh	08:00
27	Northants Ultra 35 (Shires & Spires)	Lampton Hall, nr Northampton	08:30
27	Bupa London 10,000	St James Park, London	09:00
27	Marlow Radio Run 10K	Lower Pound Lane, Marlow	09:30
27	Zoo Stampede	ZSL Whipsnade Zoo	09:30

CONTACT NO	EMAIL	WEB	COST
01424 442 109	anthonyademarco@gmail.com	www.hastingsrunners.org.uk	
	dave.crocker@btinternet.com	altonrunners.co.uk	£11
	kelly.twiddy@sky.com	www.hillcrestnetball.co.uk	£10
01799 500 034	runners@saffroncrocutrail.co.uk	www.saffroncrocutrail.co.uk	£9
0207 222 1314	rac@runandbecome.com	uk.srichinmoyraces.org/races/london	£6
01628 474 953	info@purplepatchrunning.com	www.purplepatchrunning.com	£12
	trail@sloweb.org.uk	sloweb.org.uk/trailchallenge/summer2012/	£4
01904 409 401	info@ratrace.com	www.soldierchallenge.co.uk/	£50
0208 6515 177	Gazdj1@gmail.com	www.richmondparkmarathon.co.uk	£27.50
	digby@runjersey.co.uk	www.runjersey.co.uk	£15
	Wilsonanne691@aol.com		£21
01782 396 113	bristol@frsystems.co.uk	www.bristolhalfmarathon.com	£22
07952 349 226	events@runtolive.co.uk	www.eventstolive.co.uk	£17
0845 257 1160	running@innovationsports.co.uk	www.innovationsports.co.uk	£17
07952 349 226	events@runtolive.co.uk	www.eventstolive.co.uk	£17
	info@thegeneralrace.co.uk	www.thegeneralrace.co.uk	£12
02380 693 989	marwell10k@yahoo.co.uk	www.eastleighrunningclub.org.uk	£15
01628 474 953	info@purplepatchrunning.com	www.purplepatchrunning.com	£15
01539 439 730	marathon@brathay.org.uk	www.brathaywindermeremarathon.org.uk	£35
01628 474 953	info@purplepatchrunning.com	www.purplepatchrunning.com	£13
07872 805 883	ellie@barnesfitness.co.uk		
01243 829 065		www.bognorprom10k.org	£15
02380 909 327	richiepearson@ntlworld.com	www.southamptonathleticclub.org.uk	£12
	team@hookfunrun.com	www.hookfunrun.com	£13
01795 479 456	dhbrown@blueyonder.co.uk	www.rotary1120.org/	
	contact@wheathampstead10K.co.uk	www.wheathampstead10K.co.uk	£12
01494 890 104	paul@corian.co.uk	www.prestwood10k.co.uk	£16
07966 376 170	robert@jenro.co.uk	www.baddowraces.org.uk	£16
01483 202 125	tomkelsoe@uwclub.net	www.eventelephant.com/hatchrun	£12
0207 222 1314	rac@runandbecome.com	uk.srichinmoyraces.org/races/london	£6
	eastevents@bhf.org.uk	bhf.org.uk/londonjogs	
02392 651 446	events@portsmouthathletic.co.uk	www.portsmouthathletic.co.uk	£7
020 8422 3900	MalcolmFrench@aol.com	www.serpentine.org.uk	£4
07878 402 031	info@dukeriesevents.co.uk	www.dukeriesultra.co.uk	£25
		www.edinburgh-marathon.com	
07746 961 58	handicap@trentparkrc.org	www.trentparkrc.org	£3
01904 409 401	info@ratrace.com	www.rwtrailblazer.com/	
		www.edinburgh-marathon.com	£29.50
	guy@gobeyondchallenge.co.uk	gobeyondultra.co.uk/events	
020 7902 0200		www.london10000.co.uk	
07764 655 810	sammi_hudson@hotmail.com	www.marlowfm.co.uk	£12
	mcornell@hotmail.co.uk	www.dunstableroadrunners.org	£25

MAY

DATE	EVENT	VENUE	START
27	Wallingford Thames 10K	Howberry Park, Wallingford	10:00
27	Surrey Hills Trail Challenge 2012	The Priory School, Dorking	10:00
27	Capital Runners Richmond Park 10K May	Richmond Park, London	10:00
27	Folkestone Coastal 10K	Folkestone Harbour	10:00
27	Edinburgh Marathon	Regent Road, Edinburgh	10:00
27	The Rye 10	Peasmarsh	10:00
27	Needles XC Half Marathon	West Wight Sports Centre	10:00
27	Barfield Bolt 10k and 5k	Barfield School, Farnham	10:30
27	British Heart Foundation Woburn Abbey Jog 10K	Woburn	11:00
27	BH5K Spring Run	Naturist Foundation, Orpington	11:30
27	Poole Festival of Running	Poole Park, BH15 2SF	14:00
28	Self Transcendence 2 - May Race	Battersea Park, London	19:00
30	Samphire Hoe 5K Series - May	Samphire Hoe, Dover	19:30

CONTACT NO	EMAIL	WEB	COST
01491 828 938	jc.hooper@virgin.net	www.thamesrun.co.uk	£14.50
	trail@sloweb.org.uk	sloweb.org.uk/clubnews/surreyhills2012	£8
0208 971 9888	info@capitalrunners.com	www.capitalrunners.com	£16.50
01303 221 188	ray@independentinsuranceservices.co.uk	www.folkestonecoastal10k.co.uk	£14
		www.edinburgh-marathon.com	
01797 230 999	martin@nice-work.org.uk	www.nice-work.org.uk	£17
	westwightroadrunners@hotmail.co.uk	needlesxcmarathon.blogspot.com	£14
	bolt@barfieldschool.com	www.barfieldschool.com/bolt	
0808 100 2109	eastevents@bhf.org.uk	www.bhf.org.uk/woburnabbeyjog	£12
07909 575 338	nfopenevents@ntlworld.com	www.naturistfoundation.org	£10
07799 657 751	steve@poolerunners.com	www.poolerunners.com	£14
0207 222 1314	racess@runandbecome.com	uk.srichinmoyraces.org/races/london	£5.50
01797 230 999	martin@nice-work.org.uk	www.nice-work.org.uk	

JUNE

DATE	EVENT	VENUE	START
01	Littlestone Lifeboat 10K Promenade Dash	Littlestone Lifeboat Station	19:30
02	Guildford Monthly 5K Time Trial - June Race	Stoke Park, Guildford	09:00
02	Orion Harriers Forest Five - June	Jubilee Retreat, Bury Road, London	10:00
02	The 4th Tillingham Valley Races	Parsonage Farm, Udimore near Rye	18:00
02	The Tillingham Valley Races 5	Parsonage Farm, Udimore, Nr Rye	18:00
03	San Juan Island Marathon & Half Marathon	San Juan Island, Washington, USA	08:30
03	Plymouth Half Marathon	Plymouth	09:00
03	Regent's Park Races 10K Summer Series - June	The Hub, Regent's Park, London	09:00
03	Seaford Half Marathon	Seaford Rugby Club	09:00
03	Capital Runners Bushy Park 10K - June	Bushy Park, Hampton	10:00
03	Barking and Dagenham 5 Mile Run/3K Fun Run	Eastbrookend Country Park	10:30
03	Link Foundation Maidenhead Relay Marathon	Kidwells Park, Maidenhead	14:00
04	The Les Golding Memorial 10K	The Leas, Herne Bay	10:30
04	Hatfield Broad Oak 10K Road Race	Hatfield Broad Oak	11:00
06	Woking 3 Miles Monthly Handicap - June	Woking Leisure Centre	12:30
06	Gravesend Cyclopark 10K	Cyclopark, Gravesend	19:00
09	South Downs Marathon, Half Marathon & 5K	Slindon to QE Country Park	09:20
09	Run Richmond Park 5K June	Richmond Park, Richmond	10:00
09	Run Richmond Park 10K June	Richmond Park, Richmond	10:10
09	Otmoor Challenge 13.2	Horton-cum-Studley Playing Field	14:00
10	Southend Half Marathon & Fun Run	Shoebury East Beach, Southend	10:00
10	Alexander the Great 10K/5K	Stanwick Lakes, Wellingborough	10:00
10	Alexander the Great Half Marathon	Stanwick Lakes, Wellingborough	10:00
10	Shock Absorber Women Only Triathlon	Dorney Lake, Eton	10:00
10	Wargrave Charity 10K	Wargrave Recreation Ground	10:00
10	St Albans Half Marathon	Verulamium Park, St Albans	10:00
10	Chiltern Chase 5K/10K	The Common, Ewelme, Wallingford	10:10
10	The Hamstreet 10K	Hamstreet Village Hall, Hamstreet	10:30
10	Concorde 10K	Concorde Sports & Social Club	10:30
10	D-Day 10K	Mountbatten Centre, Portsmouth	11:00
11	Marathon Windows Tour of Epsom Fun Run 1	Horton Country Park, Epsom	19:30
12	Marathon Windows Tour of Epsom Fun Run 2	Nonsuch Park	19:30
13	Crown to Crown 5K June Evening Race	Westley Heights C'try Pk, Basildon	19:30
13	Marathon Windows Tour of Epsom Fun Run 3	Hogsmill Open Space	19:30
14	Marathon Windows Tour of Epsom Fun Run 4	Nonsuch Park, Ewell Road, Cheam	19:30
15	The Wall	Carlisle Castle to Gateshead	TBC
15	Marathon Windows Tour of Epsom Fun Run 5	Nescot Playing Fields	18:30
15	Marston Forest 5K	The Forest Ctre, Marston Moretaine	19:30
15	Queen Mother Reservoir 5K/10K Race Series	Queen Mother Reservoir, Horton	19:30
17	10K/5K Challenge Child Bereavement Charity	West Wycombe Pk, High Wycombe	09:30
17	Alresford Rotary 10K & Fun Runs	Arlebury Park, Alresford	10:00
17	Staplehurst 10K	Staplehurst	10:00
17	Braishfield 5 Mile Beer Race	Braishfield Village Hall	10:30

CONTACT NO	EMAIL	WEB	COST
01424 447 858	martin@nice-work.org.uk	www.nice-work.org.uk	£13
07947 275 090	fiona.ian@ntlworld.com	www.ggac.co.uk	
07709 206 897	bobjouisffe@hotmail.com	www.orionharriers.org.uk	£8
01797 230 999	martin@nice-work.org.uk	www.nice-work.org.uk	£12
01797 230 999	martin@nice-work.org.uk	www.nice-work.org.uk	£12
		www.sjmarathon.org	
	plymouthhm@raceahead.co.uk	www.plymouthhalfmarathon.co.uk	£28.50
07713 327 690	mauriceraynor@london.com	regentsparkraces.org	£12
01323 492 263	trevorg@wenthill.plus.com	npslions.co.uk	£11
0208 971 9888	info@capitalrunners.com	www.capitalrunners.com	£16.50
020 8215 3006	3000direct@lbbd.gov.uk	www.barking-dagenham.gov.uk	£7
01628 474 953	info@purplepatchrunning.com	www.purplepatchrunning.com	£125
01797 230 999	martin@nice-work.org.uk	www.nice-work.org.uk	£14
07886 853 673	admin@hbo-10k.org.uk	www.hbo-10k.org.uk	£15
01483 564 274	jjm@villamiller.demon.co.uk	www.villamiller.demon.co.uk	
01797 230 999	martin@nice-work.org.uk	www.nice-work.org.uk	£12
01252 373 797	info@209events.com	www.209events.com	£32
020 8144 0797	info@thefixuk.com	www.thefixevents.com	£13
020 8144 0797	info@thefixuk.com	www.thefixevents.com	£16
01865 351 421	julie.ogden@talktalk.net	www.otmoorchallenge.co.uk	£10
01702 220 324	jgrocott@havenshospices.org.uk	www.havenshospices.org.uk	£17
07791 175 698	lloyd@ultramarathon.org.uk	www.ultramarathon.org.uk	£17
07791 175 698	lloyd@ultramarathon.org.uk	www.ultramarathon.org.uk	£20
	other@humanrace.co.uk	www.humanrace.co.uk	£60
0118 940 4977	mandy.doward@ptr.co.uk	www.wargraverunners.net	£15
01727 827 667	stalbanshalf@leisureconnection.co.uk	www.stalbanshalfmarathon.co.uk	
01491 825 698	jefferymj1@aol.com	www.chilternchase.org.uk	£13
01797 230 999	martin@nice-work.org.uk	www.nice-work.org.uk	£13
	alastair.heslop@ba.com	www.baac1.toucansurf.com	£12
02392 651 446	events@portsmouthathletic.co.uk	www.portsmouthathletic.co.uk	£12
01773 880 338	z2r0u0n8z@yahoo.co.uk	www.runningwithdavid.com	£4.50
01773 880 338	z2r0u0n8z@yahoo.co.uk	www.runningwithdavid.com	£4.50
01268 768 082		pitsearunningclub.org.uk	£1
01773 880 338	z2r0u0n8z@yahoo.co.uk	www.runningwithdavid.com	£4.50
01773 880 338	z2r0u0n8z@yahoo.co.uk	www.runningwithdavid.com	£4.50
01904 409 401	info@ratrace.com	www.thewallrun.com/	
01773 880 338	z2r0u0n8z@yahoo.co.uk	www.runningwithdavid.com	£4.50
07502 160 745	racedirector@marstonforest5k.org.uk	www.affrunningclub.org.uk	£10
01628 474 953	info@purplepatchrunning.com	www.purplepatchrunning.com	£12
01494 568 912	samantha.amend@yahoo.co.uk	www.childbereavement.org.uk	£12
01962 735 172	info@alresford10k.org.uk	www.alresford10k.co.uk	£12
01797 230 999	martin@nice-work.org.uk	www.nice-work.org.uk	£13
	braishfieldbeerrace@gmail.com	www.romseyroadrunners.co.uk	£10

JUNE

DATE	EVENT	VENUE	START
17	Brading 10K	Smallbrook Stadium, Ryde	11:00
18	Self Transcendence 5K - June Race	Battersea Park, London	19:00
21	Peasmarsh Midsummer-ish Hash-ish	Royal Oak, Rye Foreign Nr Rye	18:30
22	Colworth Marathon Challenge	Colworth Sports Club, Sharnbrook	19:00
22	Colworth 5	Colworth Sports Club, Sharnbrook	19:00
23	Sumo Run/5K Charity Fun Run	Battersea Park, London	10:00
23	Colworth 8	Colworth Sports Club, Sharnbrook	12:00
23	Trionium Picnic Marathon	Box Hill, Dorking	14:00
23	Trionium Midsummer Munro Half Marathon	Box Hill, Dorking	16:00
24	Friston Forest 10k charity trail run	Friston Forest, Eastbourne	09:20
24	Polesden Lacey 10k	Polesden Lacy National Trust	09:30
24	RBC Race for the Kids 5K	Battersea Park, London	10:00
24	Finsbury Park 10K Race - June	Finsbury Park, Islington	10:00
24	Lordshill 10k Road Race	Lordshill Rec. C'tre, Southampton	10:30
24	Colworth Half Marathon	Colworth Sports Club, Sharnbrook	10:30
24	Podplus Ashford 3 Lakes 5K 2012	Julie Rose Stadium, Ashford	11:00
24	Horndon 10K	High Road, Horndon on the Hill	11:00
24	Penn Seven	Tylers Green Common	11:00
24	Super Fun Run	Tylers Green Common	14:30
25	Self Transcendence 3X1 Mile Relay - June	Battersea Park, London	19:00
27	Summer Cross-Country 5	Queen Elizabeth C'ry Pk, Petersfield	19:15
27	Promenade 5K Road Race - June	Mountbatten Centre, Portsmouth	19:15
27	Portsmouth Joggers Summer Cross Country 5M	Queen Elizabeth C'ry Pk, Petersfield	19:15
27	Samphire Hoe 5K Series - June	Samphire Hoe, Dover	19:30
29	Brooks, Serpentine Last Friday of the Month 5K	The Bandstand, Hyde Park, London	12:30
30	Run24	Wasing Park Estate, Reading	TBC
30	Trent Park RC 5K Handicap - June Race	Southgate Hockey Centre, Enfield	09:00
30	Round the Island Race 69	Cowes, Isle of Wight	10:00
30	Run Richmond Park 5K June 2	Richmond Park	10:00
30	Run Richmond Park 10K June 2	Richmond Park	10:15

CONTACT NO	EMAIL	WEB	COST
01983 568 142	races@rydeharriers.co.uk	www.rydeharriers.co.uk	£10
0207 222 1314	races@runandbecome.com	www.srichinmoyraces.org/uk	£6
	info@nice-work.org.uk	www.nice-work.org.uk	
	colworthstriders@hotmail.com	www.bedfordharriers.co.uk	£29
	colworthstriders@hotmail.com	www.bedfordharriers.co.uk	£8
0207 702 9627	ask@sumorun.com	www.sumorun.com	£25
	colworthstriders@hotmail.com	www.bedfordharriers.co.uk	£9
	picnic@trionium.com	www.trionium.com/picnic	£42
01372 840 951	mm@trionium.com	www.trionium.com/mm	£36
	mdp-triathlon@hotmail.co.uk	www.entrycentral.com	£15
07952 349 226	events@runtolive.co.uk	www.eventstolive.co.uk/	£15
	info@thefixuk.com	www.thefixevents.com	£15
0845 257 1160	running@innovationsports.co.uk	www.innovationsports.co.uk	£17
07899 937 280	darrenfoy1972@yahoo.co.uk	www.lordshillroadrunners.org.uk	£12
	colworthstriders@hotmail.com	www.bedfordharriers.co.uk	£12
01233 660 851	info@podplus.co.uk	www.podplus.co.uk/3lakes5k	£10
01375 415 891	info@horndon10k.co.uk	www.horndon10k.co.uk	£10
01494 816 946	pennseven@live.co.uk	www.bucksinfo.net/pennseven	£12
01494 816 946	pennseven@live.co.uk	www.bucksinfo.net/pennseven	
0207 222 1314	races@runandbecome.com	www.srichinmoyraces.org/uk	£10.50
	summerx@excite.com	www.pjc.org.uk	£8
02392 651 446	events@portsmouthathletic.co.uk	www.portsmouthathletic.co.uk	£7
	summerx@excite.com	www.pjc.org.uk	£8
01797 230 999	martin@nice-work.org.uk	www.nice-work.org.uk	
020 8422 3900	MalcolmFrench@aol.com	www.serpentine.org.uk	£4
07733 112 276	admin@run24.co.uk	www.run24.co.uk	
07746 961 582	handicap@trentparkrc.org	www.trentparkrc.org	£3
07801 244 628	neil@xnrg.co.uk	www.xnrg.co.uk 98	
0208 144 0797	info@thefixuk.com	www.thefixevents.com	£13
0208 144 0797	info@thefixuk.com	www.thefixevents.com	£15

JULY

DATE	EVENT	VENUE	START
01	Regent's Park Races 10K Summer Series - July	The Hub, Regent's Park, London	09:00
01	Daniel De-Gale 10k Marrowthon	Regents Park, London	09:00
01	Lakeland Trails Marathon	John Ruskin School, Coniston	09:00
01	Didcot Five	Willowbrook Leisure Centre, Didcot	09:30
01	Lakeland Trails Half Marathon 21.1K	John Ruskin School, Coniston	10:00
01	Bewl 15	Uplands Com. College, Wadhurst	10:30
01	Tadley Runners Summer 10K	Hurst Community College, Tadley	11:00
01	Ashford Summer 5K Series - July	Victoria Park, Ashford	19:00
02	Self Transcendence 5K - July Race	Battersea Park, London	19:00
04	Woking 3 Miles Monthly Handicap - July	Woking Leisure Centre	12:30
04	David Davies Nonsuch Relay	Nonsuch Park, Epsom	19:00
07	Self Transcendence 10K - July	Battersea Park, London	08:00
07	Guildford Monthly 5K Time Trial - July Race	Stoke Park, Guildford	09:00
07	Birmingham & Black Country Half Marathon	Wolverhampton Railway Station	09:00
07	The Hurt	Peaslake, Surrey	09:00
07	The Bath & West 10K	Colerne Airfield, Colerne, Nr. Bath	10:00
07	Orion Harriers Forest Five - July	Jubilee Retreat, Bury Road, London	10:00
07	Compton Canter: 9.3K Trail Race	Compton Village Hall, Newbury	12:00
08	Croydon Ultra	Sandilands Club House, Croydon	09:00
08	Hughenden Manor 10K	Hughenden Manor, High Wycombe	09:00
08	Chichester Challenge Multi Distance	Lavant Village Green, Chichester	09:00
08	The Asics British 10K London Run	Hyde Park, London	09:35
08	NSPCC Milton Keynes Half Marathon	Bury Lawn School, Milton Keynes	10:00
08	Kelvedon Hatch 5K	Village Hall Playing Field	10:30
08	High Ongar 10k	High Ongar Village Hall	11:00
08	New Forest 10	New Park Farm, Brockenhurst	11:15
08	The Bath & West Ladies Only 5K	Colerne Airfield, Colerne, Nr. Bath	15:00
09	Self Transcendence 2 Mile - July Race	Battersea Park, London	19:00
11	Crown to Crown 5K July Evening Race	Westley Heights C'ty Pk, Basildon	19:30
14	Elmore 7	Elmore House, Chipstead, Surrey	14:00
15	Fairlands Valley Challenge Marathon	Marriotts School, Stevenage	09:00
15	Grant & Stone Wycombe 10K	The Rye, High Wycombe	09:30
15	Grant & Stone Wycombe Half Marathon	The Rye, High Wycombe	09:30
15	Fairlands Valley Challenge 18 Miles	Marriotts School, Stevenage	10:00
15	Clapham Common 10K/5K Series - July	Clapham Common	10:00
15	Fairlands Valley Challenge 12 Miles	Marriotts School, Stevenage	10:30
15	Romney Marsh 10K	St Martins Field, New Romney	10:30
15	Stopsley Striders Ladies 5K	Wardown Park, Luton	10:30
15	Thrift Green Trotters Brentwood 10K	Herongate FC, Brentwood	11:00
17	Queen Mother Reservoir 5K/10K Race Series	Queen Mother Reservoir, Horton	19:30
18	Phoenix 10K Brighton	Hove lawns, Kingsway, Brighton	19:30
20	Rye Summer Classic Series 10K - July Race	Rye Nature Reserve	19:00

CONTACT NO	EMAIL	WEB	COST
07713 327 690	mauriceraynor@london.com	www.regentsparkraces.org	£12
0208 240 4480	dora@adlt.org		£15
	mail@lakelandtrails.org	www.lakelandtrails.org	£35
	didcotroadrace@gmail.com	www.didcotrunners.co.uk	£10
	mail@lakelandtrails.org	www.lakelandtrails.org	£25
01580 200 024	albertlkemp@btinternet.com	www.bewl15.co.uk	£19
07905 600 273	timos2009@hotmail.co.uk	www.tadleyrunners.hampshire.org.uk	£10
01797 230 999	info@nice-work.org.uk	www.nice-work.org.uk	£10
0207 222 1314	races@runandbecome.com	www.srichinmoyraces.org/uk	£6
01483 564 274	jim@villamiller.demon.co.uk	www.villamiller.demon.co.uk	
01773 880 338	z2r0u0n8z@yahoo.co.uk	www.runningwithdavid.com	£13
0207 222 1314	races@runandbecome.com	www.srichinmoyraces.org/uk	£10
07947 275 090	fiona.ian@ntlworld.com	www.ggac.co.uk	
	stuart@stuweb.co.uk	www.bbchm.co.uk	£16
01306 731 305	rory@allabouttriathlons.co.uk	www.thehurt.co.uk	£14
07837 862 356	tim@nakedstrength.co.uk	www.nakedstrength.co.uk	£12
07709 206 897	bobjouisffe@hotmail.com	www.orionharriers.org.uk	£8
01235 833 996	info@comptonharriers.org.uk	www.comptonharriers.org.uk	£4
07899 962 834	denisenian@btinternet.com	www.personaltrainercroydon.co.uk	£20
01628 474 953	info@purplepatchrunning.com	www.purplepatchrunning.com	£16
01243 527 739	chichester.challenge@gmail.com	www.chichester-march.org.uk	£14
		www.thebritish10klondon.co.uk	
01908 328 060	mkhalf@nspcc.org.uk	www.nspcc.org.uk	£22
		www.kh5k.ukgo.com/	
01279 415 563	highongar10k@tiscali.co.uk	www.highongarcharity10k.co.uk	£12
	enquiries@nf10.co.uk	www.nf10.co.uk	£13
07837 862 356	tim@nakedstrength.co.uk	www.nakedstrength.co.uk	£9
0207 222 1314	races@runandbecome.com	www.srichinmoyraces.org/uk	£5.50
01268 768 082	pitsearc@googlemail.com	pitsearunningclub.org.uk	£1
020 8660 4477	richardnc2@hotmail.com	www.southlondonharriers.org	£10
	fvc@fvspartans.org.uk	www.races.fvspartans.org.uk	
	helen@moseley1220.fsnet.co.uk	www.handycrossrunners.co.uk	£13
	helen@moseley1220.fsnet.co.uk	www.handycrossrunners.co.uk	£15
	fvc@fvspartans.org.uk	www.races.fvspartans.org.uk	
0845 257 1160	running@innovationsports.co.uk	www.innovationsports.co.uk	£17
	fvc@fvspartans.org.uk	www.races.fvspartans.org.uk	
01797 363 198	roger.constable@btinternet.com		£14
	striders@stopsleystriders.org.uk	www.stopsleystriders.org.uk	£10
	tgt10kracedirector@yahoo.co.uk	www.thriftygreentrotters.co.uk	£10
01628 474 953	info@purplepatchrunning.com	www.purplepatchrunning.com	£12
	andy@jacksonbone.co.uk	www.brightonphoenix.org.uk	£12
01797 230 999	info@nice-work.org.uk	www.nice-work.org.uk	£12

JULY

DATE	EVENT	VENUE	START
22	Harlow 10	Mark Hall School, Harlow	09:30
22	Down Tow Up Flow Thames Towpath Half Mara	The Brocas, Eton, Windsor	10:00
22	Spartan Race: London	London	10:00
22	Doughnut Dash 5k	Itchen Valley C'try Pk, Southampton	11:00
22	Bishops Waltham 5 Miles	Fire Station, Bishops Waltham	11:00
25	Promenade 5K Road Race - July	Mountbatten Centre, Portsmouth	19:15
25	Samphire Hoe 5K Series - July	Samphire Hoe, Dover	19:30
27	Brooks, Serpentine Last Friday of the Month 5K	The Bandstand, Hyde Park, London	12:30
27	Montane Lakeland 100	Coniston, Cumbria	17:30
28	Trent Park RC 5K Handicap - July Race	Southgate Hockey Centre, Enfield	09:00
29	Montane Lakeland 50	Coniston, Cumbria	09:30

CONTACT NO	EMAIL	WEB	COST
	karen.moir@ntlworld.com	www.thehrc.org.uk	£12
01628 474 953	info@purplepatchrunning.com	www.purplepatchrunning.com	£20
	richard@spartanrace.com	www.spartanrace.com	
07918 838 680	Peekay63@hotmail.co.uk		£10
01489 891 731	colinbcarter@tiscali.co.uk	www.bishopswalthamrotary.org.uk	£10
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