

Date	Time	Venue	Name	Distance	Type	Trophy	Main	Notes
14/11/2009	3 p.m.	Dorking	Men's Surrey League div.2	5 miles approx.	xc	Sandilands	Yes	
14/11/2009	noon	Dorking	Women's Surrey League	3 miles approx.	xc	Sandilands	Yes	
15/11/2009		Longmoor, Hampshire	Hellrunner					
15/11/2009		Wimbleon	South London 10K	10K	road	None	No	
21/11/2009		Parliament Hill Fields	London xc Champs	various	xc	None	No	
22/11/2009		Beckenham	Beckenham Charity trail 10K	10K approx.	Multiterrain	None	No	
22/11/2009		Epsom	epsom 10	10 miles	Road	None	No	
28/11/2009		West Wickham	South of Thames champs	5 miles	xc	Sandilands	Yes	
29/10/2009		Crowborough	Crowborough 10K	10K	road	None	No	
29/10/2009		Hayling Island	Hayling 10	10 miles	road	None	No	
05/12/2009 & 6/12/2009		Aldershot	GRIM 8					
05/12/2009		Farthing Downs, Coulsdon	Pirie 10	10 miles approx.	xc	Sandilands	Yes	
06/12/2009		Luton	Luton Marathon	marathon	Road	None	No	
06/12/2009		Margate	Thanet Coastal 10	10 miles	Road	None	No	
06/12/2009		Peacehaven, East Sussex	Mince Pie 10	10 miles	Multiterrain	None	No	
12/12/2009	2.30 p.m.	Lloyd Park	Men's Surrey League div.2	5 miles approx.	xc	Sandilands	Yes	Striders are co-hosting
12/12/2009	noon	Richmond Park	Women's Surrey League	3 miles approx.	xc	Sandilands	Yes	
13/12/2009		Guildford	Golden Hog - 50th Hogs Back 8	8 miles approx.	Road	None	No	
19/12/2009		Wimbledon Common	South of Thames champs	7.5 miles	xc	Sandilands	Yes	
20/12/2009		Reigate	Holly run 6		Multiterrain			
20/12/2009	9 a.m.	Horton Country Park	Ronhill Surrey Classic - stage 3	10K	Multiterrain	None	No	
27/12/2009		Harrietsham, Kent	End of 09 10K	10K	Road	None	No	
01/01/2010		Croydon	Addington 4	4 miles approx.	Road		Yes	Organised by Striders
01/01/2010		Box Hill	Box hill knacker cracker	10K approx.	Multiterrain	None	No	
03/01/2010		Epsom	Tadworth 10	10 miles	Road	None	No	
09/01/2010		Lloyd Park	Surrey County xc champs	various	xc	Sandilands	Yes	
10/01/2010		swanley, Kent	Swanley 10K					
10/01/2010		Leatherhead	Winter Tanners 20 & 30	20 & 30 miles approx.	Multiterrain	None	No	
10/01/2010	11 a.m.	Plumpton, East Sussex	Plumpton Classic 7.5K	7.5K	Multiterrain	None	No	
17/01/2010		Dartford	Les Witton Dartford 10	10 miles	Road	None	No	
24/01/2010		Canvey Island, Essex	Benfleet 15	15 miles	Multiterrain	None	No	
30/01/2010		Parliament Hill Fields	Southern xc champs	various	xc	Sandilands	Yes	
31/01/2010		Canterbury	Canterbury 10	10 miles	Road	None		
31/01/2010		Epsom Downs	Epsom Oddballs Perch XI	6.2 miles approx.	Multiterrain	None	No	
06/02/2010	3 p.m.	Richmond Park (Roehampton gate)	Men's Surrey League div.2	5 miles approx.	xc	Sandilands	Yes	
06/02/2010	noon	Wimbledon Common	Women's Surrey League	3 miles approx.	xc	Sandilands	Yes	
07/02/2010		Bookham	Bookham 10K	10K approx.	Multiterrain	None	No	
07/02/2010		Watford	Asics Watford Half	Half Marathon	Road	None	No	
07/02/2010		Cheam, Surrey	Nonsuch Park 10K Fun Run	10K approx.	Multiterrain	None	No	
13/02/2010		Wimbledon Common	East Surrey League xc relays	4 x 1.95 miles	xc	None	No	
14/02/2010		Dover	Dover Half	half marathon	Road	None	No	
14/02/2010		Chessington	26.2 RRC Valentines 10K	10K	road	None	No	
14/02/2010		Sidcup	Sidcup 10	10 miles	road	None	No	
21/02/2010		Brighton	Sussex Beacon (Brighton ) Half	Half marathon	Road	None	No	
21/02/2010		Wokingham, Berkshire	Wokingham Half	Half Marathon	road	None	No	
27/02/2010		Roundhay Park, Leeds	Nationals	various	xc	None	No	
28/02/2010		Olympia, London	Hotelympia 10K	10K	road	None	No	
28/02/2010		Woodford Green, Essex	Roding Valley Half	Half Marathon	road	None	No	
28/02/2010		Tunbridge Wells	Tunbridge Wells Half	Half Marathon	road	None	No	
07/03/2010		Bushy Park	Bushy Park 10K	10k	road	None	No	
07/03/2010		Dorking	Trionium Leith Hill Half	Half Marathon approx.	Multiterrain	None	No	
07/03/2010		Steyning	Steyning Stinger Marathon	Marathon	xc	None	No	
13/03/2010		Box Hill	East Surrey League road relays	4 x 1.95 miles	road	None	No	
13/03/2010		Windsor	Sparks Windsor Half	Half Marathon	road	None	No	
14/03/2010		Sevenoaks	Sevenoaks Rotary Knole Park 10K	10K approx.	Multiterrain	None	No	
14/03/2010		Dunsfold Park, Cranleigh	Surrey Spitfire 20 & Tempest 10	20 miles & 10 miles	road	None	No	
14/03/2010		Wimbleon	Wimbleon Audi 10K	10K	road	None	No	
20/03/2010		Chingford	Orion 15	15 miles approx.	xc	None	No	
21/03/2010	10.30 a.m.	Hastings	Hasting Half	Half marathon	road	None	No	
21/03/2010		Reading	Sweatshop Reading Half	Half marathon	road	None	No	
21/03/2010		Fleet, Hampshire	Asics Fleet Half	Half marathon	road	None	No	
21/03/2010		Brentwood, Essex	Equity Redstar Brentwood Half	Half marathon	road	None	No	
27/03/2010		Alice Holt Forest, Farnham	Bolt Round the Holt 21K, 10K, 5K	21K, 10K & 5K approx.	Multiterrain	None	No	
27/03/2010	10 a.m.	Redhill	Military 10k London	10K approx.	Multiterrain	None	No	
27/03/2010		Hackney	Victoria Park Open 5	5 miles	road	None	No	
28/03/2010		Eastleigh, Hampshire	B&Q eastleigh 10K	10k	road	None	No	
28/03/2010		Ruislip, Middlesex	Finchley 20	20 miles	road	None	No	
02/04/2010		Maidenhead	Maidenhead 10	10 miles	road	None	No	
06/04/2010		Ewell Ct, West Ewell	East Surrey League road race	4 miles approx.	Road	None	No	
11/04/2010		Dorking	Denbies 10	10 miles approx.	Multiterrain	None	No	
18/04/2010		Eynsford, Kent	Darent Valley 10K	10K	road	None	No	
18/04/2010		Guildford	Dunsfold 10K	10K	road	None	No	
18/04/2010		Brighton	Brighton Marathon	marathon	road	None	No	
18/04/2010		Bungay, Suffolk	Bungay Black Dog Marathon	marathon	road	None	No	
25/04/2009		London	London Marathon	marathon	Road	None	Yes	striders are marshalling