

Date	Event	Team details	venue
Sat 26 th Feb	National XC Champs	Teams of 6 men and 4 women	Parliament Hill
Sun 27 th March	Southern Spring 12/6 Road Relays (men's team qualifier for the Nationals)	Teams of 12 men and 6 women	Milton Keynes
Sun 10 th April	National Spring 12/6 Road Relays	Teams of 12 men and 6 women – Men's team has to qualify	Sutton Coldfield
Sat 23 rd April	British Masters Road Relays (over 35)	Teams of 3-6 men / women in 35/45/55/65 age groups	Sutton Coldfield
Sunday 26 th June	Ridgeway Relay	Mixed teams of 10	Ivinghoe Beacon to Marlborough
Saturday 2 nd July	Runnymede Relays	Mixed teams of 6	Windsor Great Park
Sunday 25 th September	Southern Road Relays men's team qualifier for the Nationals)	Teams of 6 senior men and 4 vets men/senior women/vet women	Crystal Palace
TBC	National Road Relays	Teams of 12 men and 6 women – Men's team has to qualify	
22 nd October	Southern XC Relays	Teams of 4 Men and 3 women	TBC
TBC	British Masters XC relays	Teams of 3-6 men / women in 35/45/55/65 age groups	Nottingham
TBC	BBO XC Champs		
10 th December	Southern Masters XC	Teams of 3 vet man/women in 40/50/60 age groups	TBC
TBC	Berkshire XC champs	Teams of 6 senior men and 4 vets men/senior women/vet women	
28 TH January 2023	Southern XC Champs	Teams of 6 men and 4 women	Parliament Hill
2 nd April 2023	Southern Spring 12/6 Road Relays (men's team qualifier for the Nationals)	Teams of 12 men and 6 women	

Add these dates to your diaries and email teamcaptains@readingroadrunners.org or speak to Tony or Liz, if interested.