

Date	Name of event	Description	Venue
Sunday 25 th June 2023	Ridgeway Relay	Mixed teams of 10	Ivinghoe Beacon to Marlborough
Saturday 15 nd July 2023	Runnymede Relays	Mixed teams of 6	Windsor Great Park
3 rd September 2023	River Relays	Teams of 5 runners covering marathon distance	Boveney to Kingston-upon-Thames,
Saturday 23 rd September 2023	SEAA Road Relay (qualifier for National Road Relays)	Teams of 6 senior men and 4 vet's men/senior women/vet women	Aldershot
Saturday 8 th October 2023	National Road Relays	Teams of 6 men and 4 women – Men's team has to qualify	Sutton Park, Birmingham
21 nd October 2023	Southern XC Relays	Teams of 4 Men (x 4Km) and 3 women (x3Km)	Linford Christie Stadium, Wormwood Scrubs, London W12 0DF
19 th November 2023	British Masters Open Road Relays 2023	Teams of 3-6 men / women in 35/45/55/65 age groups	Mallory Park, Church Road, Kirkby Mallory, Leicestershire,,LE9 7QE
19 th November 2023	BBO XC Champs	Senior/^vets (35+) men and women – 8km course – teams of 3 women / 6 men.	TBC
9 th December 2023	Southern Masters XC	Teams of 3 vet man/women in 40/50/60 age groups	Horspath, Oxford
17 th December 2023	Berkshire XC champs	Teams of 6 senior men and 4 vet's men/senior women/vet women	TBC
27 th January 2024	Southern XC Champs	Teams of 6 men and 4 women	Beckenham