

CHILTERN HARRIERS A.C. – SUMMER PROGRAMME 2009

APRIL 2009

Sunday 5th	10.00 am	Pub Run	The Plough at Cadsden
Sunday 19th	9.30 am	Cross Country	Hervines Park, Amersham
Saturday 25th		Southern Women's Track and Field League	Wimbledon Park
Sunday 26th	9.30 am	Cross Country	Hervines Park, Amersham
Sunday 26th		London Marathon	Greenwich Park
Tuesday 28th	7.30 pm	Trailblazers	Ley Hill Common

MAY 2009

Sunday 3rd	10.00 am	Pub Run	King William IV pub at Speen.
Monday 4th	5.00 pm	Pednor 5 Race Walk	Chesham
Monday 4th	7.00 pm	Pednor 5 Road Race	Chesham
Saturday 9th	10.00 am	Bucks AA Track and Field Championships	Stantonbury Stadium, Milton Keynes
Saturday 9th	10.00 am	Icknield Way 10K and Half Marathon	Chinnor
Sunday 10th	9.30 am	Cross Country	Hervines Park, Amersham
Sunday 10th	9.30 am	Marlow 5	Higginson Park, Marlow
Sunday 10th	10.00 am	St Albans 10K	Prae Wood School, King Harry Lane, St Albans
Sunday 17th	11.00 am	Prestwood 10K	Prestwood Sports Centre
Sunday 17th		National Young Athletes League This is our HOME FIXTURE	St Albans
Tuesday 19th	7.30 pm	Training Session at Shardloes	Park in Layby nr Cricket Ground off A413
Wednesday 20th	7.30 pm	Tring Running Club Invitation Evening	Tring Park Cricket Club
Sunday 24th	9.30 am	Cross Country	Hervines Park, Amersham
Saturday 30th		Southern Women's Track and Field League	Canterbury
Sunday 31st	9.30 am	Cross Country	Hervines Park, Amersham
Sunday 31st		National Young Athletes League	Walton

JUNE 2009

Saturday 6th	10.00 am	Dorney Dash 10K	Dorney Lake, Dorney, Windsor
Sunday 7th	10.00 am	Pub Run	
Sunday 7th	11.00 am	Coombe Hill Run	High Street, Wendover
Sunday 7th	11.00 am	Penn 7	Penn & Tylers Green Front Common
Tuesday 9th	<u>7.00 pm</u>	Hawridge International Duathlon Please Pre-enter this event Register by 7.00pm for a 7.30pm start Must have Cycle Helmet 7.30 pm Cross Country Run for non-cyclists	Hawridge Cricket Club
Saturday 13th		Bucks Schools Track and Field Championships	Handy Cross Stadium, High Wycombe
Sunday 14th	9.30 am	Cross Country	Hervines Park, Amersham
Sunday 14th	10.00 am	St Alban's Review Half Marathon	Verulanium Park, St. Albans
Sunday 14th	10.00 am	Wargrave 10K	Wargrave Rec. Ground, Victoria Road, Wargrave
Sunday 21st	9.45 am	Trailblazers	
Sunday 21st	10.00 am	Bradenham 10K Trail Race	Bradenham
Sunday 21st		National Young Athletes League	Sheerwater, Woking
Tuesday 23rd	<u>7.00 pm</u>	Thames Run - by coach	From Tescos - Park in Dovecote Meadow Car Park, Old Amersham
Saturday 27th		Southern Women's Track and Field League	Broadbridge Heath, Horsham
Sunday 28th	From 8.00 am	Junior Triathlon	Chesham Leisure Centre
Sunday 28th	9.30 am	Cross Country	Hervines Park, Amersham
Sunday 28th	9.30 am	Thame 10K	Thame

JULY 2009

Sunday 5th	10.00 am	Pub Run	
Sunday 5th	9.30 am	Cross Country	Hervines Park, Amersham
Sunday 5th	10.00 am	Princes Risborough 10K	Princes Risborough Market Square
Tuesday 7th	7.30 pm	Water Run - by coach	Venue to be advised
Sunday 12th	9.30 am	Cross Country	Hervines Park, Amersham
Wednesday 15th	7.30 pm	Waddesdon Manor 5K Road Race	Waddesdon, Nr Aylesbury
Sunday 19th	9.45 am	Trailblazers	
Sunday 19th	9.30 am	Wycombe Half Marathon and 10K	The Rye, High Wycombe
Sunday 19th		National Young Athletes League	Linford Christie Stadium
Saturday 25th		Southern Women's Track and Field League	Hillingdon, Uxbridge
		This is our HOME FIXTURE	
Sunday 26th	9.30 am	Cross Country	Hervines Park, Amersham
Sunday 26th	10.00 am	Milton Keynes Half Marathon	Bury Lawn School, Stantonbury, MK
Sunday 26th	10.00 am	Thames Tow Path Half Marathon	Marlow Rugby Club, Riverwoods Drive, Marlow, SL7 1QU
Tuesday 28th	7.30 pm	Field Session	Venue to be advised

AUGUST 2009

Sunday 2nd	10.00 am	Pub Run	
Sunday 9th	9.30 am	Cross Country	Hervines Park, Amersham
Sunday 9th	10.00 am	Bearbrook 10K	Weston Turville
Sunday 16th	9.45 am	Trailblazers	
Sunday 23rd	9.30 am	Cross Country	Hervines Park, Amersham
Sunday 23rd	10.00 am	Burnham Beaches Half Marathon	Caldicott School, Crown Lane, Farnham Common
Sunday 30th	9.30 am	Cross Country	Hervines Park, Amersham

SEPTEMBER 2009

Tuesday night training starts at 7.00 pm in September

Saturday 5th		Southern Women's Track and Field League	Wimbledon Park
Saturday 5th		Chalfont St. Giles Multi-Terrain 10K	Chalfont St Giles
Sunday 6th	10.00 am	Pub Run	
Sunday 6th	10.00 am	Headington 10K	Worminghall, near Wheatley
Sunday 13th	9.30 am	Cross Country	Hervines Park, Amersham
Sunday 13th		Aquathon	Chesham Moor – Gym and Swim
Sunday 20th		Amersham 5 Events	Amersham Cricket Club, Shardloes
		10.30 am 4K Fun Run	
		11.15 am Amersham 5 Multi-Terrain Race	
		12.15 pm 1 Mile Family Jog	
Sunday 27th	9.30 am	Cross Country	Hervines Park, Amersham
Sunday 27th		Manches Moor Park 10K	Merchant Taylors' School, Moor Park
Sunday 27th	1.00 pm	Windsor Half Marathon	Windsor Great Park

Training sessions (Seniors):

Tuesdays – 7.30 pm at Chesham Moor – Gym & Swim, The Moor, Chesham
Sundays 3rd, 4th and 5th of Month - 9.30 Hervines Park Amersham (1st and 3rd Sunday events listed above)

Training sessions (Juniors):

Thursday – 7.00 pm at Hervines Park, Amersham (Most groups – see website for details)
Sundays – 10.15 am at Hervines Park, Amersham Other Junior Training Sessions – Contact Martyn Cartwright.

Contacts: Tuesdays/ Pub Runs – Trevor Davies (01494 726150) Trailblazers – Tony Molesworth (01494 773381)
Triathlon – Chris Kitchen (01494 722995) Juniors – Martyn Cartwright (01494 433128)
Secretary – Brenda King (01494 722581) Website – Howard Cave (01494 727240)

UPDATES TO PROGRAMME ON OUR WEB SITE www.chiltern-harriers.org.uk

