

Saturday	24 September 2011	SEAA Relays - Aldershot
Saturday	01 October 2011	SEAA XC Relays - Biggleswade
Saturday	08 October 2011	Essex League - Braintree
Thursday	13 October 2011	Schools XC - RHS
Sunday	16 October 2011	National Road Relays - Sutton Coldfield
Saturday	29 October 2011	Essex League - Basildon
Sunday	30 October 2011	Suffolk Winter League - Framlingham
Saturday	05 November 2011	National XC Relays - Mansfield
Saturday	19 November 2011	Essex League - Benfleet
Saturday	03 December 2011	County Schools - RHS
Sunday	04 December 2011	Suffolk Winter League - Woodbridge
Saturday	10 December 2011	SEAA Intercounties - Croydon
Saturday	17 December 2011	Essex League - Colchester
Sunday	08 January 2012	Suffolk County Champs - Ickworth Park
Thursday	12 January 2012	County Schools - TBC
Saturday	14 January 2012	Essex League - Orion
Saturday	28 January 2012	SEAA Champs Brighton
Saturday	04 February 2012	Anglian schools - RHS
Saturday	25 February 2012	National Cross Country - Parliament Hill
Saturday	03 March 2012	Intercounties - Birmingham
Saturday	17 March 2012	English Schools - Ilton Somerset