

# Road Running Season - Seniors

Local and targeted individual and team races

Northamptonshire County Championships (3 competitions, 5km, 10km, ½ marathon)

Northamptonshire Road Running League (9 races)

East Midlands Grand Prix (8 races)

March

Midland Spring Road Relays  
*Men's -12/team*  
*Women's - 6/team*

April

London Marathon (1 Club place)

Stanwick 10km

May

Great Weston Run 5 miles

Silverstone 10km

MK Half Marathon/Marathon

Rugby 6 mile

Vitality London 10km (12 Club places 6 men, 6 women)

Blisworth 5 mile

Buckingham Half marathon

Banbury 5 mile

June

Chicken Run (Brackley) 10km

Corby 5 mile

Harborough 5 mile

Weedon 10km

July

Wellingborough 5km

Milton Keynes 10km

August

Helmdon Hurler 4.3mile

September

Tour of MK 6 races in 6 days

TBC - Half marathon

Midland Autumn Road Relays - *Men's -6/team*  
*Women's - 4/team*

Daventry 10km

October

Rugby 10mile