


FIXTURES JULY AND AUGUST 2009 - PLEASE CONFIRM DETAILS WITH RACE ORGANISERS - FOR CLUB EVENTS SEE TEAM CAPTAINS/ COACHES ETC

4th July	Midland T&F League	Telford	Various		
4th July	Bham & Black Country 1/2 Marathon	Birmingham	10am	http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=49229	
9th July	Baggeridge 5k	Baggeridge, nr Wolverhampton	7pm	NB - replaces Himley 5k - http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=51040	
12th July	Evesham Vale 5k	Evesham	10.30am	http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=46897	
12th July	Wyre Forest 1/2 Marathon	Wyre Forest, Kidderminster	10.30am	http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=49157	
15th July	Droitwich 10k (3rd race in midweek series)	Droitwich	7.30pm	http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=51063	
17th July	Crown Classic 10k	Telford	7.30pm	http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=47329	
19th July	Trentham 10 Mile	Staffs	10.30am	http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=49203	
19th July	Worcester Pitchcroft 10k	Worcs Racecourse	11am	http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=47975	
22nd July	West Brom Harriers 5k	Aston Uni Rec	7.15pm	http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=50334	
29th July	Wombourne 5k	Wombourne	7pm	http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=47741	
2nd August	Tenbury 10k	Tenbury	11am	http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=50585	
2nd August	Midland T&F League	Birmingham / Rowheath	Various		
9th August	Newark 1/2 Marathon	Newark	10.20am	http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=47877	
12th August	Staffs Knot 5	Hednesford	7.15pm	http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=49822	
12th August	Midweek Series Race 4	Halesowen	7.30pm	http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=49861	
26th August	Wombourne 5k	Wombourne	7pm	http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=47742	