

# Road and Cross Country Fixtures 2009

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Thurs 01 Jan	Full Course Rocque Ballon. . Handicap	4.75 Miles		Gordon Mercier
Sun 04 Jan				
Sat 10 Jan	Hampshire XC champs			
Sun 18 Jan				
Sun 25 Jan	Imperial loop	10 Miles	Winter champs	Frank Kehoe
Sun 01 Feb				
Sun 08 Feb	4 Laps Chouet from Tearooms	10k	Winter champs	Steve Bougourd
Sun 15 Feb	L` anresse Lodge to town	5 Miles	Age graded	Ian Taylor
Sun 22 Feb				
Sun 01 Mar	Delancey park. .X/C		Winter Champs	Richard Saunders
Sun 08 Mar				
Sat 14 Mar	Inter Insular XC Delancey			
Sun 22 Mar	Church to Church	19.5 Miles		Brian Holden
Sun 29 Mar				
Sun 05 Apr	L` Anresse Bordeaux Loop	5k	Spring Champs	Adrian Thorley
10-13 Apr	Easter Festival			
Sun 19 Apr				
Sun 26 Apr	Vazon 1 miler. . (day of London Marathon)	1 Mile	Spring Champs	Di Lawrence
Sun 03 May				
Sat 09 May	Liberation Day Race			Greg Robert
Sun 17 May	L` Eree to Vazon	5k	Spring Champs	Jeremy Mew
Sat 23 May	Sark Races ?????		Not Yet Confirmed	
Sun 31 May	Saumarez Park. Time trial	1 Mile	Spring Champs	Steve/Louise
Sun 07 Jun	Sylvans Multi terrain	7 Miles		Phil Guilbert
Sun 14 Jun				
Sun 21 Jun	Half Marathon			