Hi all

As you know this Saturday 5th October is the 1st Kent League cross country of the winter at Swanley Park.

The following **Sunday 13th October is the National Road Relays at Sutton Coldfield**. These are the National version of the recent Southern Aldershot relays.

Last year we had 28 boys and girls travel to Birmingham for the day with all age groups well represented and all fielding scoring teams, with three teams finishing well inside the top 10.

This year we hope to improve on last years great results and again have many scoring teams.

The relays are made up of teams of three runners , all running legs of 3.8k  on traffic free roads around the lovely Sutton Park in Birmingham.

**Please could you let me know if you are available and wish to compete ASAP.**

Regards

Paul A