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**DATES**

Nov 9 <sup>th</sup>	Swanley Park, Swanley*
Nov 23 <sup>rd</sup>	Rough Common, Canterbury*
Nov 30 <sup>th</sup>	Nurstead Court, Meopham*
Dec 14 <sup>th</sup>	Oxleas Wood, Eltham
Dec 28 <sup>th</sup>	Avery Hill Park, New Eltham
Jan 11 <sup>th</sup>	Minnis Bay, Birchington*
Feb 1 <sup>st</sup>	Knole Park, Sevenoaks*

*\* incorporating Junior League race*

- All events take place on Sunday mornings, 11am start.
- All events about 5 miles long, taking place on varying off-road terrain.
- Open to men and women – all abilities welcomed.
- Entry Fee - £2 on the day.
- End of race raffle prizes.
- Full results available by email or on internet.

FURTHER INFORMATION AVAILABLE FROM  
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2008/09 season