

## Road and Cross Country Events Summary

### Swansea 10k & 5k

Date: 27 September 2009  
Venue: Swansea Bay, outside St Helens Rugby Ground  
Start times: 5k - 11.30am, 10k - 1pm  
Race info: Wales' largest 10k Road Race. 5k race new this year (previously a children's race) Incorporates Welsh 5km Championships  
Event Website: [www.swanseabay10k.com](http://www.swanseabay10k.com)  
Closing date for entries: Now closed

### Bridge Inn 5km Road Race Series

Date: 29 September 2009  
Venue: The Bridge Inn, Shortwood, Bristol  
Start time: 7.30pm  
Race info: 5km series organised by Bristol & West AC. Cardiff AAC support this event  
Closing date for entries: Entries taken on the evening at the Bridge Inn

### National 4 & 6 Stage Road Relays

Date: 17 October 2009  
Venue: Sutton Park, Birmingham  
Start time: 12pm  
Race info: Closed Race in which Cardiff AAC are invited to compete. Our Club has a great reputation in this event, and our Men won in 1999  
Event Website: [www.englandathletics.org](http://www.englandathletics.org)

### Cardiff Half Marathon

Date: 18 October 2009  
Venue: Cardiff Civic Centre, outside Central Police Station  
Start time: 9am  
Closing date for entries: Sold out - 11,000  
Race info: Competitive Half Marathon incorporating the 2009 Welsh Half Marathon Championships  
Website: [www.cardiffhalfmarathon.com](http://www.cardiffhalfmarathon.com)

## Bridge Inn 5km Road Race Series

Date: 27 October 2009  
Venue: The Bridge Inn, Shortwood, Bristol  
Start time: 7.30pm  
Race info: 5km series organised by Bristol & West AC. Cardiff AAC support this event  
Closing date for entries: Entries taken on the evening at the Bridge Inn

## UKA Cross Challenge – Gateshead

Date: 14 November 2009  
Venue: Gateshead International Stadium, Newcastle  
How to enter: online at [www.uka.org.uk](http://www.uka.org.uk) or by post  
Closing date for entries: 05/11/2009  
Race info: First of this year's Cross Challenge Series. Incorporates the Gateshead International Cross Country Races. Includes all age groups  
Time of first race: 10am  
Time of last race: 3pm  
Event Website: [www.uka.org.uk](http://www.uka.org.uk)

## Brighton 10k

Date: 15 November 2009  
Venue: Madeira Drive, Brighton  
Start time: 10am  
How to enter: Details online – address below  
Closing date for entries: 20/10/2009  
Race info: The race incorporates an Inter-area Match, so a Welsh Team will be taking part.  
Event Website: [www.brooksbrighton10k.co.uk](http://www.brooksbrighton10k.co.uk)

## Leeds 10k

Date: 22 November 2009  
Venue: Leeds  
Start time: Not listed  
Race info: Possibly the fastest 10k course in the UK  
Event website: [www.helptheaged.org.uk](http://www.helptheaged.org.uk)

## BMC Cross Country Champs – Bristol

Date: 22 November 2009  
Venue: Clifton Downs  
Start time: 11.30am  
Race info: 4k Men's & Women's Races, and junior races also. Our Club are always well represented here  
Event website: [www.britishmilersclub.com](http://www.britishmilersclub.com)

## UKA Cross Challenge – Liverpool

Date: 28 November 2009  
Venue: Sefton Park Liverpool  
How to enter: online at [www.uka.org.uk](http://www.uka.org.uk) or by post  
Closing date for entries: not yet available  
Race info: The second in this year's Cross Challenge Series, incorporating the British Trials for the European Cross Country Championships  
Time of first race: not yet available  
Time of last race: not yet available  
Event Website: [www.uka.org.uk](http://www.uka.org.uk)

## European Cross Country Championships

Date: 13 December 2009  
Venue: Santry Park, Dublin  
Race info: A Championship event, not open to the public. Info is for spectators only. A place is won by a top 6 finish in the Trials race at the Liverpool Cross Challenge  
First race: Opening Ceremony 10am. First race 10.15  
Event Website: [www.dublin2009.ie](http://www.dublin2009.ie)

## Telford 10k

Date: 20 December 2009  
Venue: Outside Telford Ice Rink  
Start time: 11am  
Closing date for entries: Not stated  
Race info: A high calibre fast Road 10k  
Event website: [www.telfordathleticclub.co.uk](http://www.telfordathleticclub.co.uk)

## Glynneath 5 Mile Road Race

Date: 26 December 2009  
Venue: Glynneath  
Start time: 11am  
Closing date for entries: Entries taken on the day  
Race info: Competitive 5 Mile Race. Our Club always support this race  
Event website: [www.glynneath5.co.uk](http://www.glynneath5.co.uk)