

## OXTED RUNNERS SUMMER SERIES 2019

### Sunday 10 March: Woldingham 'Mad March Hare'.

[www.triproject.co.uk/events/woldingham-5km-and-10km](http://www.triproject.co.uk/events/woldingham-5km-and-10km)

Local season opener, run in the grounds of Woldingham school on tarmac paths. This is a two lap race with a one lap 5 km run starting at the same time.

### Sunday 31 March: Mel's Milers 10k

[www.melsmilers.co.uk/mels-milers-10k](http://www.melsmilers.co.uk/mels-milers-10k)

Starts and finishes in Christ's Hospital School (easy parking). Flat, multi-terrain course mainly on good quality off-road tracks. Recommended.

### Sunday 19 May: Sutton Runners 10k

[www.suttonrunners.org/sutton\\_10km](http://www.suttonrunners.org/sutton_10km)

Two lap race on tarmac in and around Nonsuch Park in Cheam. Usually has a large and high quality field.

### Sunday 9 June: Staplehurst 10k

[www.nice-work.org.uk/races/staplehurst-10k](http://www.nice-work.org.uk/races/staplehurst-10k)

Good course on very quiet country lanes. It is not as far away as you think! – See box in the 2018 report...

### Sunday 21 July: Caterham 10k

[www.caterhamhalf.co.uk/the\\_race](http://www.caterhamhalf.co.uk/the_race)

Not in Caterham, fortunately, but a lap around Redhill Aerodrome on country lanes. Don't forget to turn left or you will wind up doing a ½ marathon. A very successful race for the Oxted Runners.

### Sunday 1 September: Weald St Georges 10k

[www.weald10k.co.uk](http://www.weald10k.co.uk)

Mostly on country lanes. Bit of a hill at the end. An established Oxted Runners favourite.

### Sunday 29 September: East Grinstead 10k

Date to be confirmed. Mainly on good quality tracks on the Worth Way. This race is also the Oxted Runners Club Championship race.