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**Endurance Championship Dates 2022/23**

* 6/4/3 Stage Road Relays 25th September 2022
* Cross Country Relays 22nd October 2022
* London Cross Country 19th November 2022
* Masters & Inter Counties XC 10th December 2022
* Main Cross Country 28th January 2023
* 12/6 Stage Road Relays & 5K 2nd April 2023