

Border Harriers & AC

Cross Country Fixture list for season 2009 / 2010

More details to follow regarding Team Managers etc

2009

3 rd October	Cumbria XCL	(1 of 5)	Cockermouth (near School)
10 th October	Mid Lancs XC	(1 of 6)	The Showground, Kendal
17 th October	Cumbria XCL	(2 of 5)	Penrith (Frenchfields or Newton Rigg)
7 th November	Cumbria XCL	(3 of 5)	Maryport (Netherhall)
28 th November	Mid Lancs XCL	(2 of 6)	Sefton Park, Liverpool
5 th December	Cumbria XCL	(4 of 5)	Keswick (Fitz Park)
13 th December	Cumbria Championships		Barrow
19 th December	Mid-Lancs XCL	(3 of 6)	Towneley Park, Burnley

2010

9 th January	Cumbria XC	(5 of 5)	Carlisle (Sheepmount)
16 th January	Mid-Lancs XCL	(4 of 6)	Beacon Park, Skelmersdale
23 rd February	Northern Athletics Champs		
27 th February	English Champs		Roundhay Park, Leeds
13 th February	Mid Lancs XCL	(5 of 6)	Wilson Playing Fields, Hyndburn
6 th March	Mid-Lancs XCL	(6 of 6)	Barrow
20 th March	English Schools Champs		Heaton Park, Manchester

Cumbria Cross Country Series 2009/10

Order of Races - Start of First Race at 12.00 noon

Under 11 Boys & Girls 1500m

Under 13 Boys & Girls 2300m

Under 15 Boys & Under 15 Girls 3000m

Under 17 Men & Women 4000m

Senior Men & Women 8000m – (6400m if at Frenchfields)

Further details from Noel Hakeman Tel: 01434 321385

Mid-Lancs Cross Country League Timetable

12.20pm Under 11 Girls 2k

12.45pm Under 11 Boys 2k

1.00pm Under 13 Girls 2.5k

1.20pm Under 15 Girls & Under 13 boys 3k

1.40pm Under 15 Boys & U17 Women 4k

2.00pm Under 17 Men, Junior & Senior & Masters Women 6k

2.30pm Junior, Senior & Masters Men 9-10k

For further information see web site: midlancs.org.uk