

CROSS COUNTRY 2007 –2008

Rochdale Harriers & A.C. are entering the two usual leagues for cross country this season – the Red Rose League and the South East Lancs Cross Country League. You may also run in the Manchester League as a guest and pay an entry fee each time they run. Club vests must be worn at these events.

1. Red Rose Cross Country League.

Saturday October 6 th .	Witton Park, Blackburn.
Saturday November 17 th	CheshamFields, Bury.
Sunday December 2 nd	Bolton or Hyndburn. Venue to be Confirmed.

Saturday December 15th. Marl Pitts, Rossendale.
Entry fee £4.00 covers all 4 races.

Times for Red Rose:
Under 11 start at 1.30 pm.
Each age group follows as the previous race finishes.
Women provisionally around 2.15 ish.
Men start at 3.00 pm.

At the final RR fixture in Rossendale on 15th December all races will start one hour earlier.

2. South East Lancs Cross Country League.

Saturday October 27 th	Lilford Park, Leigh.
Saturday November 10 th .	Heaton Park.
Saturday January 19 th .	Bogart Hole Clough, Blackley.

Entry fee £3.50 covers all 3 races.

Times for SELCC
Under 11 start at 1.00 pm.
Under 13 start at 1.10 pm.
Under 15 start at 1.20 pm.
Under 17 start at 1.35 pm.
Women start at 2.00 pm.
Men start at 2.30 pm.

If you wish to enter one or both of the leagues please give your money to Colin Robinson as soon as possible so you can be registered. Please check the dates and venues nearer the time of the races in case they have been changed.

The [Greater Manchester XC Championships](#) are on Saturday 8th December at Heaton Park. **NOTE NEW DATE**

The [Northern XC Championships](#) are on Saturday 26th January in Leeds.

The [National XC Championships](#) are at Alton Towers, Staffs, probably at the end of February.