

Rochdale Harriers and A.C.

CROSS COUNTRY 2008 /09

Rochdale Harriers are competing in the Red Rose League and the South East Lancs League this winter.

Please enter early with Colin/Janet as numbers are allocated before the event. All runners must be paid up members and must wear a Club vest. Listed are the dates and venues. Please note the start times.

Red Rose Cross Country League.

Sat 11 th October.	Witton Park, Blackburn.
Sat 25 th October.	Chesham Field, Bury.
Sat 15 th November.	Leverhulme Park, Bolton.
Sat 20 th December.	Marl Pits, Rossendale.

Under 15's £3.00. 15's and over - £4.00

Start time: 12.30pm for U 11's and then races follow on.

South East Lances League.

Sat 1 st November.	Heaton Park.
Sat 22 nd November.	Lilford Park, Leigh.
Sat 6 th December.	Pennington Flash, Leigh.
Sat 17 th January.	Boggart Hole Clough.

Under 15's £3.00. 15's and over - £3.50.

Start times:

U 11 Boys 1.00pm	U 11 Girls 1.00pm
U 13 Boys 1.10pm	U 13 Girls 1.10pm
U 15 Boys 1.20pm	U 15 Girls 1.20pm
U 17 Youths 1.35pm	U 17 Inters 1.35pm
Senior Men 2.30pm	Senior Ladies 2.00pm.

The Greater Manchester Championships will be in December – no details as yet.

The North of England Championships will be on Saturday 24th January 2009 at Sherdley Park, St. Helens.

The National Cross Country Championships are on Saturday 21st February 2009 at Parliament Hill Fields, London.