

CROSS COUNTRY FIXTURES FOR 2009 – 2010.

League Fixtures.

Saturday 26 th September.	<u>S.E.L.</u>	Heaton Park.
Women: 2.00pm.	Men: 2.30pm.	
Saturday 3 rd October.	<u>Red Rose.</u>	Bury.
Women: 1.35pm	Men: 2.15pm.	
Saturday 31 st October.	<u>S.E.L.</u>	Boggart Hole.
Women: 2.00pm	Men: 2.30pm.	
Saturday 7 th November.	<u>Red Rose.</u>	Witton Park.
Women: 1.35pm.	Men: 2.15pm.	
Saturday 21 st November.	<u>Red Rose.</u>	Leverhulme Pk.
Women: 1.35pm.	Men: 2.15pm.	
Saturday 28 th November.	<u>S.E.L.</u>	Clayton Vale.
Women: 2.00pm.	Men: 2.30pm.	
Sunday 6 th December.	<u>Red Rose.</u>	Marl Pits.
Women: 1.35pm.	Men: 2.15pm.	

2010.

Saturday 6 th February.	<u>S.E.L.</u>	Lilford Park.
Women: 2.00pm.	Men: 2.30pm.	

Championships 2010.

Saturday 9 th January.	Greater Manchester Championships.	Stockport.
Saturday 23 rd January.	North of England Championships.	Blackburn.
Saturday 27 th February.	National Championships.	Leeds.

See Colin for closing dates for championship entries.