Cross Country fixtures 2016/2017

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| Sat | 1 Oct | Mid Lancs League | Astley Park Chorley |
| Sat | 15 Oct | Red Rose XC | Leigh Sports Village |
| Sat | 29 Oct | Mid Lancs League | Cuerden Valley Park Bamber Bridge |
| Sat  | 29 Oct | Red Rose League | Blackburn Witton park |
| Sat | 12 Nov | Red Rose League | Leverhulme Park Bolton |
| Sat  | 26 Nov | Mid Lancs League | Liverpool Sefton Park |
| Sat  | 3 Dec | Red Rose League | Rossendale Marls Pit |
| *Sat* | *17 Dec* | *Mid Lancs League reserve date*  | *Hyndburn Wilson Playing Fields* |
| Sat | 7 Jan | Lancashire XC Champs | Blackburn Witton Park |
| Sat | 14 Jan | Mid Lancs League |  **Towneley Park, Burnley** |
| Sat | 28 Jan | Northern Athletics XC Champs | Knowsley Safari Park |
| Sat | 4 Feb  | Lancashire Schools’ XC Champs | Blackburn Witton Park |
| Sat | 11 Feb | Mid Lancs League | Rossall School Cleveleys Blackpool |
| Sat | 25 Feb | National XC Champs | Wollaton Park Nottingham |
| Sat  | 4 Mar | Mid Lancs League | Leigh Sports Village |
| Sat |  11 Mar  | Inter-Counties XC Champs | Prestwold Hall, Loughborough |
| *Sat* | *18 Mar* | *Mid Lancs League reserve date* | *Lancaster Rylands Park* |
| Sat |  18 Mar  | English Schools’ Champs | Norwich TBC |

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|  **RED ROSE LEAGUE**  |  | **MID LANCS LEAGUE** |
|  **Reserve date Sat 12 Dec**

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| 12.15pm | U11 boys(min age 8 on day) | 2K |
| 12.30pm | U11 girls(min age 8 on day) | 2K |
| 12.45pm | U13 Boys | 3K |
| 1.00pm | U13girls | 2.5K |
| 1.15pm | U15boys and U15 girls | 4K |
| 1.35pm | U17M,U17W,Jun W, SenW, VetW | 5K |
| 2.15pm | Jun M, Sen M, Vets | 10K |

 **These distances should be considered maximum.**  |  |

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| 12.30pm | U11 girls (min 8 yrs see below) |  2K |
| 12.45pm | U11 boys (min 8yrs see below) |  2K |
| 1.00pm | U13 girls |  2.5K |
| 1.20pm | U15 girls and U13 boys |  3K |
| 1.40pm | U15 boys and U17 women |  4K |
| 2.00pm | U17 men, jnr, snr & vet 35/45/55/65W&V70 men | 6K |
| 2.30pm | jnr, snr men and vet 44/50/60/70 men |  9-10K |

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|  **U11 Boys first THREE to count must be 8 on day of**  **race**  **U13 Boys first THREE to count U15 Boys first THREE to count U17 Men first THREE to count Junior/Senior Men first SIX to count Veteran Men first FOUR to count. U11 Girls first THREE to count must be 8 on day of** **race** **U13 Girls first THREE to count U15 Girls first THREE to count U17 Girls first THREE to count Jun/Sen Women first THREE to count Vet Women first THREE to count** **Please note, if you lose or forget your number a new**  **one at a cost of £1, will be issued and your new** **number re-registered with the league. Handwritten**  **numbers are NOT allowed. (Red Rose league rules)** |  | U11 Boys first THREE to count **(must be 8/9/10 yrs on 31/8/16 –min 8 on day of race)**U13 Boys first THREE to countU15 Boys first THREE to countU17 Men first THREE to countU17 Women first THREE to countJunior Men first THREE to countSenior Men first SIX to count V40 FOUR V50 THREE V60 THREE V70 TWOU11 Girls first THREE to count **(must be 8/9/10 yrs on 31/8/16 – min 8 on day of race)**U13 Girls first THREE to countU15 Girls first THREE to countU17 Women first THREE to countJunior Women first THREE to countSenior Women first THREE to count Vet Women THREE to countJunior Men and Junior Women are also ‘counters’ in the Senior teams.If you forget your number ask your Team Manager to make you another. Your number will be on a club list. |

**MID LANCS** **SEFTON PARK**

Please note, that you will need different numbers (on the day) for Sefton Park (UK Challenge) and the times of the races are different. **CHIP TIMING WILL BE USED. DON’T FORGET TO RETURN UNUSED CHIPS**

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| 11.00 am | U11g/U11b | 1.9k (U11 as at 26/11/16) |
|  11.15 am | U13g | 3k |
| 11.30 am | U13b | 3k |
| 11.45 am | U15b | 3k |
| 12.00 noon | U15g | 3k |
| 12.15 pm | U17w/Jnr w. | 4.4k (U20 31/12/16 )IAAF rule |
| 12.35 pm | U17m | 5.5k |
| 12.55 pm | JM | 6.7k (U20 31/12/16(IAAF rule) |
| 13.20 pm | SW/Vet/U20  | 8.1k U20 count in senior team |
| 14.00 pm | SM/Vet/U20 | 9.8k U20 count in senior team |

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| **Entry to the Liverpool meeting will be by pre-entry at a fee of £1 per athlete which the club will pay. We do need to send a list of athletes and payment to the race organizer (not Dawn) prior to the meeting so please let your coach know if you are competing. Athletes can pay on the day but the cost will be £8/£6 (Seniors Juniors). Athletes will be expected to pay this fee themselves.** |