Cross Country fixtures 2018/2019

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| Sat | 13 Oct | Mid Lancs League | GSK Sports Club Ulverston |
| Sat | 13 Oct | Red Rose XC | Leigh Sports Village |
| Sat | 10 Nov | Red Rose League | Leverhulme Park Bolton |
| Sat | 17 Nov | Red Rose League | Rossendale Marls Pit |
| Sat | 24 Nov | Mid Lancs League | Liverpool Sefton Park |
| Sat | 1 Dec | Red Rose League | Todmorden Centre Vale Park |
| Sat | 8 Dec | Mid Lancs League | Hydburn Wilson Playing Fields |
| Sat | 5 Jan | Lancashire AA XC Champs | Blackburn Witton Park *tbc* |
| Sat | 12 Jan | Mid Lancs League | **Towneley Park, Burnley** |
| Sat | 26 Jan | Northern Athletics XC Champs | Pontefract Race Course |
| Sat | (tbc) Feb | Lancashire Schools’ XC Champs | Blackburn Witton Park (tbc) |
| Sat | 9 Feb | Mid Lancs League | Leigh Sports Village |
| *Sat* | *16 Feb* | *Mid Lancs League reserve date* |  |
| Sat | 23 Feb | National XC Champs | Leeds Harewood House |
| Sat | 2 Mar | Mid Lancs League | Cuerden Valley Park Bamber Bridge |
| Sat | 9 Mar | Inter-Counties XC Champs | Loughborough Prestwold Hall |
| Sat | 16 Mar | English Schools’ Champs | Chelmsford |

*For those who may have the dates. Please note that the Hyndburn fixture has been changed from 10 Nov to 8 Dec*

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| **RED ROSE LEAGUE** |  | **MID LANCS LEAGUE** |
| |  |  |  | | --- | --- | --- | | 12.15pm | U11 boys(min age 8 yrs on day) | 2K | | 12.30pm | U11 girls(min age 8 yrs on day) | 2K | | 12.45pm | U13 Boys | 2.5K | | 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.** |  | |  |  |  | | --- | --- | --- | | 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, U20W Snr & vet 35/45/55/65Women  V70 Men | 6K | | 2.30pm | U20 Men Snr Men Vet 40/50/60/70 Men | 9-10K | |
| **U11 Boys first THREE to count (must be 8/9/10yrs on**  **31/8/18 – min 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 8/9/10yrs on**  **31/8/18 – min 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 31/8/18 –min 8 on day of race)**  U13 Boys first THREE to count  U15 Boys first THREE to count  U17 Men first THREE to count  U17 Women first THREE to count  Junior Men first THREE to count  Senior Men first SIX to count V40 FOUR V50 THREE V60 THREE V70 TWO  U11 Girls first THREE to count **(must be 8/9/10 yrs on 31/8/18 – min 8 on day of race)**  U13 Girls first THREE to count  U15 Girls first THREE to count  U17 Women first THREE to count  Junior Women first THREE to count  Senior Women first THREE to count  Vet Women THREE to count  Junior 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 |
| 11.15 am | U13g | 3k |
| 11.30 am | U13b | 3k |
| 11.45 am | U15b | 3k |
| 12.00 noon | U15g | 3k |
| 12.15 pm | U17w/U20 w. | 4.4k (U20 31/12/17 )IAAF rule |
| 12.35 pm | U17m | 5.5k |
| 12.55 pm | U20M | 6.7k (U20 31/12/17)IAAF rule) |
| 13.20 pm | SW/Vet/U20w | 8.1k |
| 14.00 pm | SM/Vet/U20 | 9.8k |

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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.** |