Horwich RMI Harriers & AC Cross Country 2019-2020

Seniors - Here we go again.. Its Cross Country Time
Let's get organised as individuals and as a club

After our success last year with a 4th team and individual winner, James Kevan, we again focus with real enthusiasm to better that team performance in the forth-coming season.

The race dates are below for the Manchester Area League, but as is always the case with cross country we also affiliate to the Red Rose (mainly for the juniors) and the South East Lancs. It is possible to race over the winter nearly every weekend, should you wish, but let's commit to the MACCL and see if you want any more competition.

At the time of completing this the dates are available but not all the venues. The dates are the most important now, get them in your diary.

Manchester Area Cross Country Fixtures and Dates

12th Oct	**Wythenshawe Park, Mcr**
9th Nov	**Kenworthy Woods, Manchester Uni Playing Fields**
7th Dec	**TBC**
11th Jan	**TBC**
8th Feb	**Heaton Park, Manchester**

You must be registered the Wednesday BEFORE a fixture – NO Entries on the day. To Register, just let me know. For you awareness here are the other leagues fixtures and dates

Red Rose
12th Oct Sports Village, Leigh
26th Oct Leverhulme Park, Bolton
9th Nov Centre Vale Park, Todmorden
30th Nov Marl Pits Leisure Centre, Rossendale

South East Lancs
19th Oct Heaton Park, Mcr
23rd Nov Heaton Park, Mcr
18th Jan Tandle Hill, Oldham
15th Feb Yarrow Valley Park, Chorley

Fees	MACCL	£5 for all the series
	Red Rose	£6 for all 4 races (NO entries on the day)
	SEL	£5 for all 4 races (pre first race), £6 on the day for all 4 races

** The Northern Cross Country Championships are on 27th January. This race is included in the club championship** The National Championships (Woolerton Park, Nottingham 22nd Feb '20). These are £7 per race and must be entered by mid-December. Ask for further details if interested.

Many thanks - Peter Ramsdale Cross Country Captain

Please enter me for MACCL ☐ £5 Red Rose ☐ £6 SEL ☐ £5

I enclose …… to cover my race fees

Name_____ DOB _____/_____/_____ Age _____ (on 01/09/2019)

Contact Telephone number _____

Return with monies to either your coach or Peter Ramsdale, 142 Greenbarn Way, Blackrod, Bolton. BL6 5TF or ring on 01204 468373 or 07821883610 or email p.ramsdale@sky.com