

## 53-12 Cross-Country

### League

These dates are only provisional, although they are expected to be confirmed shortly. Junior races will start at 10 am, adults at 10.45 am. Children do not pay and the adult price of £2 remains unchanged from last season.

All runners must wear a club vest (league rules). Vest cost £10 or £2 to hire per race.

24/10/10	Springfield	Hylands Park Chelmsford
07/11/10	Witham	Discovery Centre
12/12/10	Harwich	
19/12/10	Halstead	Gosfield
16/01/11	Ipswich	
20/02/11	Hadleigh	
27/02/11	Spare Date	

Please check this page for any changes and for location of events.