

Horwich RMI Harriers & AC Cross Country 2017-2018

Here we go again..... Its Cross Country Time

The Cross Country season – the mud, rain, wind....All the things we love.
So what's you plan this year? We have many options !!



The **juniors are once again going to focus on the Red Rose League**. They're all local and all done by Christmas. You need to do three of the four races to qualify for consideration for a series prize. It's competitive and there are always lots of other local runners to compete against. Complete the form and either post to Peter Ramsdale (address below) or bring to training and hand on to your coach. You can also enter on the day if you prefer (£1 extra). Put the dates in the diaries and on the fridge. **The senior men are this year aiming to stamp their authority in the top flight of the Manchester Area League. This league has 5 races and its best 4 from those 5 races.** The club will also affiliate to the South East Lancs and Mid Lancs Cross Country leagues, so it's up to individuals, teams of athletes within age groups and parents who need to co-ordinate their winter race programme

Red Rose

14th Oct Sports Village, Leigh
11th Nov Astley Park, Chorley
18th Nov Leverhulme Park, Bolton
2nd Dec Marl Pits Leisure Centre, Rossendale

Manchester League

14th Oct, Heaton Park, Mcr
11th Nov Boggart Hole Clough, Mcr
2nd Dec, University Playing Fields,
Kenworthy Rd, Wythenshawe, Mcr
13th Jan Woodbank Park, Stockport
10th Feb Wythenshawe Park, Mcr

Mid Lancs

14th Oct Cuerden Valley Park (nr Walton Summit)
25th Nov Cross Challenge, Sefton Park, Liverpool
9th Dec Wilson Playing Fields, Hyndburn
13th Jan Towneley Park, Burnley
17th Feb Rylands Park, Lancaster
3rd Mar GSK Sports Club, Ulverston

South East Lancs

18th Nov Heaton Park, Mcr
16th Dec Tandle Hill, Oldham
20th Jan Leigh Sports Village
17th Feb Astley Park, Chorley

Fees	Red Rose	£5 for all 4 races (pre first race), £6 on the day for all 4 races.
	Manchester	£5 for all 5 races.
	SEL	£5 for all 4 races (pre first race) £6 on the day for all 4 races
	Mid Lancs	£5 for all 6 races.

We enter runners for the Northern Cross Country Championships (Harewood House, Leeds 27th January '18) and the National Championships (Parliament Hill, London 24th Feb '18). 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	Red Rose	Mcr League	Mid Lancs	SEL
	£5	£5	£5	£5

I enclose to cover my race fees

Name _____ DOB ____/____/____ Age _____
(on 01/09/2017)

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@ntlworld.com

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Cross Country Leagues start Times and Approx Distances

Red Rose Cross Country

Under 11 Boys:	12.15pm	2km
Under 11 Girls:	12.30pm	2km
Under 13 Boys:	12.45pm	2.5km
Under 13 Girls:	1.00pm	2.5km
Under 15 Boys & Girls:	1.15pm	4km
Under 17 Boys & Girls, Junior, Senior, Vet. Ladies:	1.35pm	5km
Junior, Senior, & Veteran Men:	2.15pm	10km

Manchester Area Cross Country

Under 11 Boys and Girls	12 noon	2.4km
Under 13 Boys and Girls	12.15pm	3.5km
Under 15 Boys and Girls	12.30pm	5km
Under 17 Boys and Girls	12.50pm	6.5km
Senior Ladies, Vets and U20	1.30pm	8km
Senior Men, Vet Men and U20	2.30pm	9.6km

Mid Lancs Cross Country

Under 11 Girls:	12.30pm	2k
Under 11 Boys:	12.45pm	2k
Under 13 Girls:	1.00pm	2½k
Under 15 Girls & Under 13 Boys:	1.20pm	3k
Under 15 Boys & Under 17 Women:	1.40pm	4k
Under 17 Men, Vet 70 Men & Senior, Junior & Lady Veterans:	2.00pm	6k
Junior, Senior, & Veteran Men:	2.30pm	10k

South East Lancs Cross Country ** (New Start Times please note) **

U11 Boys / Girls	12.30pm	2k
U13 Boys / Girls	12.45pm	3k
U15 Boys / Girls	1.00pm	4k
U17 Youths / Inters	1.20pm	5k
Senior Ladies	1.40pm	5k
Senior Men	2.20pm	10k