



HORWICH RMI HARRIERS & AC CROSS COUNTRY SEASON

2009/10

Welcome to the 2009/10 cross-country season - This season the club is to make our main focus the Mid Lancs Cross Country league.

Mid Lancs league provided a greater challenge to our top athletes last year and we want to move up the next divisions next season too. The club has still affiliated to the Red Rose and South East Lancs leagues so anyone who wishes to compete in any other league as well for £3.50 for the series and not £4 a race (these are guest running fees).

This form can be used to enter one, two or all three leagues and all the fixture dates and venues are on this sheet. Please retain for further reference. Confirmation of these fixtures and maps can be found on line at:

<http://www.redrosecrosscountry.co.uk>

<http://www.midlancs.org.uk>

Please make cheques payable to:

"Horwich RMI Harriers"

Numbers will be handed out at the first meeting of each league.

Fixture Lists

Mid Lancs Fixtures

10th October - Kendal
28th November - Liverpool
19th December - Burnley
16th January - Beacon Park
13th February - Hyndburn
6th March - Barrow

Best four races out of six to count

Red Rose Fixtures

3rd October - Bury
7th November - Blackburn
21st November - Bolton
Sun 6th December - Rossendale

South East Lancs Fixtures

26th September - Heaton Park
31st October - Boggart Hole
28th November - Clayton Vale
6th February - Lilford Park Leigh

Please complete the following form and return by 16th September 2009

Name	UK Athletics Number	
<input type="text"/>	<input type="text"/>	
Date of Birth	Age	Age Category
DAY <input type="text"/> MONTH <input type="text"/> YEAR <input type="text"/>	on 1st Sept 2009 <input type="text"/>	<input type="text"/>
Address		
<input type="text"/>		
<input type="text"/>	Postcode	<input type="text"/>

Please return to:

Peter Ramsdale
142 Greenbarn Way
Blackrod
Bolton, BL6 5TF

this address will appear in the correct place when folded in a windowed envelope

Please enter me for the following races - tick boxes

Mid Lancs League £3.00

Red Rose League

Senior, Vets and U17 £4.00

Juniors U15, U13, U11 £3.00

South East Lancs

Senior, Vets and U17 £3.50

Juniors U15, U13, U11 £3.00

If you wish to be entered for the Northerns or the Nationals, then please tick boxes and enclosed additional fee NOW.

Northerns - Blackburn 23rd Jan 2010 £4.00

Nationals - Leeds 27th Feb 2010 £4.00

Total Remittance

