

Winter Races 2009-10

Date	CROSS COUNTRY/ ROAD	VENUE	OTHER CC and RR
10-Oct	District CC Relays	Prestonpans	IAAF World Half Marathon, Birmingham
17-Oct	East CC League/County CC Relays	Striling	ERRA National /6 Stage Road Relays
24-Oct	National CC Relays	Cumbernauld	Jebburgh Half Marathon 25th
01-Nov	Lasswade CC		
07-Nov	Gala Harrier's X/C Championship	Boleside	
15-Nov	Norham Border's X/C	Norham	
22-Nov	East League (Sunday)	Dunfermline	
29-Nov	Lauder Borders X/C	Lauder	
05-Dec	East CC Champs	Livingston	
13-Dec	Dunbar Border's X/C	Dunbar	
09-Jan	Great Edinburgh CC inc Inter District	Edinburgh	
10-Jan	Galashiels Border's X/C	Galashiels	
16-Jan	East CC League	Broxburn	
23-Jan	Devils Burden Hill Relay		Celtic Cross Country, Belfast
31-Jan	4K CC Champs	Glasgow	
31-Jan	Berwick Border's X/C	Spittal	
06-Feb	Masters CC Champs	Forres	
20-Feb	National CC Champs	Falkirk	
28-Feb	Moorfoot Border's X/C	Peebles	
13-Mar			Scot.Schools CC
20-Mar	Young Athletes Road Champs	East Kilbride	
28-Mar			World CC Poland
03-Apr	6/4 Stage Road Relays	Livingston	
25-Apr			London Marathon