

Cumbernauld Cross Country & Road Running 2016 Season

October Dates

This weekend sees the 2016 Cross Country Season kick off at Birkmyre Park, Kilmacolm, with the West District Cross Country Relay's.

Whilst we have 22 Club Athletes taking part, there are a number of great Cross Country events throughout October for all ages of Athletes at the Club to take part in.

The following is a list of the races and dates in October:

Race	Date	Location	Details
LAAA Road Relays	15/10	Drumpellier Park, Coatbridge	This event is open to all age groups from U11's up to Masters. Entry fee is: £1.00 Note: Closing Date for entries is Wednesday 12th October.
National XC Relay Championships	22/10	Cumbernauld	This event is open to U13's up to masters. Entry fee is: £4.00 for U13 to U17 £5.00 for Seniors Note: Club closing date for entries is Friday 7th October.
Lasswade XC	30/10	Goerbridge	This event is open to all age groups from U11's up to Masters. Entry fee is: £3.00 for U11 to U17 £5.00 for Seniors. Note: Closing Date for entries is Wednesday 26th October.

If you would like to attend any of the above races, please complete your details on the back of this page.

October Cross Country & Road Races

Athlete Entry Form

Name:

Date of Birth:

Age Group:

SA Number:

Attending LAAA Road Relays: Yes/ No

Attending National XC Relay Championships: Yes/ No

Attending Lasswade XC: Yes/ No

Please Note Age Groups for Cross Country & Road Running are:

U11: Born between 01/09/2005 and 31/08/2007

U13: Born between 01/09/2003 and 31/08/2005

U15: Born between 01/09/2001 and 31/08/2003

U17: Born between 01/09/1999 and 31/08/2001

Senior: Born before 01/09/1999