



Provisional Cross Country Fixtures 2022/23

01/10/2022	Todmorden Vale Park	Red Rose
15/10/2022	Blackburn Witton Park	Mid Lancs
29/10/2022	Heaton Park	South East
12/11/2022	Hyndburn Wilsons Fields TBC	Red Rose
26/11/2022	Liverpool Sefton Park	Mid Lancs & Red Rose
03/12/2022	Rosendale Marl Pitts	Red Rose
10/12/2022	Hyndburn Wilsons Fields TBC	Mid Lancs
10/12/2022	Heaton Park	South East
TBC	TBC	GM County Champs
07/01/2023	Blackburn Witton Park	Lancashire County Champs
14/01/2023	Blackpool Lawson's Ground	Mid Lancs
21/01/2023	Heaton Park	South East
28/01/2023	Venue TBC	Northerns
04/02/2023	Heaton Park (Additional date if any races are cancelled)	South East
18/02/2023	Heaton Park	South East
TBA	TBA (Up to 2 fixtures will be added if & when agreed)	Mid Lancs
TBA	TBA (Up to 2 fixtures will be added if & when agreed)	Mid Lancs

Cross Country season is fast approaching and we need to enter our teams very soon. I would ask you to complete the form (link below) and send your payments via BACs before midnight on **20th September**. The Club will again cover the cost of entry into the Mid Lancs League races for anyone who would like to take part. CAAT will also cover the cost for any juniors up to and including U17 for the Red Rose races, adults and veterans are asked this year to cover the £6 entry fee themselves, which is remarkably good value at £1.25 per race if paid in advance.

This year both Mid Lancs & Red Rose will use the Cross Challenge race in Liverpool, as part of their series and an additional £2 is payable for your chip timer.

Please keep an eye on our Facebook page as all details and changes or cancellations will be posted there. Any queries please contact Colette Weston via Facebook or email ColetteCAAT@gmail.com

<https://forms.gle/uLFiamVx8kuaDEvU8>

- Please note club vests **MUST** be worn for all over 11 years (no T-shirts are allowed).
- Correct numbers for each league to be displayed on the front of the vest.
- Please arrive early for your race start.
- All runners register with CAAT Team Manager to collect your numbers
- Don't forget your safety pins
- Keep your number safe as you keep the same one for each series of league events
- Appropriate footwear to be worn

Useful links

<https://redrosecrosscountry.co.uk/>

<http://www.midlancs.org.uk/XC/xcframe.htm>

<https://selcc.co.uk/>

<http://www.lancsaa.co.uk/index.html>

<https://www.northernathletics.co.uk/events/>