

Essex Cross Country League 2010 / 2011

9th October 2010	Thurrock Harriers / Pitsea
30th October 2010	Colchester & Tendring
13th November 2010	Southend
18th December 2010	Braintree
12th February 2011	Orion / Loughton

12.00pm	Under 13 girls
12.20pm	Under 13 boys
12.40pm	Under 15 girls
1.00pm	Under 15 boys
1.20pm	Under 17 / 20 women
1.40 pm	Under 17 men & senior women
2.00pm	Senior men

The senior / junior champs are on the 8th January 2011 Hadleigh Downs