

SOUTH EAST ESSEX CROSS COUNTRY DATES 2009 - 2010

10.30am start (normally)

October 25th	Tri Sport Epping (Fords) @ Dunton
November 15th	Billericay @ Weald Park
December 6th	Benfleet @ Hadleigh Downs
January 10th	East Essex Tri @ Hockley Woods or Gloucester Park
January 31st	Thrift Green Trotters @ Thorndon Park
February 14th	Reserve date

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The times for each event are as follows :

12.00pm	Under 13 yr old girls
12.20pm	Under 13 yr old boys
12.40pm	Under 15 yr old girls
1.00pm	Under 15 yr old boys
1.20pm	Under 17 girls to 20 yr old women
1.40pm	Under 17 men and senior women
2.00pm	Senior men

10th October Essex League - One Tree Hill
(Pitsea to help Thurrock with the organisation)

14th November	Essex League Chelmsford - Hylands Park
28th November	Essex League - Hockley
5th December	Essex Vets Champs - Chigwell Row
12th December	Essex League - Orion
2nd January	Essex League - Colchester Hilly Fields
9th January	Essex Senior Champs - Hockley/ Hadleigh
17th January	Cross Country Relays - Stubbers (provisional)
30th January	Southern Champs -Venue not known
17th February	National Champs Leeds