

XC Season 2016-2017								
DATE	DAY	Event	Venue	Web site	Start Time	Meeting Place	Meeting Place Time	LWAC Contact
25/09/16	Sun	NA Autumn Road 6 Stage Relays	SportsCity Manchester	http://www.northernathletics.org.uk/	14:00			Mark Baddeley
15/10/16	Sat	NMXC Lge Race 1	Derby	http://www.northmidsexcleague.co.uk/				
22/10/16	Sat	NA XC Relays	Meadowhead School, Sheffield. Graves Park.	http://www.northernathletics.org.uk/events/northern-cross-country-relays/	Under 17W 11:00 Under 17M 11:05 Ladies 13:15 Men 14:10			
30/10/16	Sun	LINCS Lge Race 1	TBC					
05/11/16	Sat	ECCA XC Relays	Mansfield					
12/11/16	Sat	NMXC Lge Race 2	Kettering	http://www.northmidsexcleague.co.uk/				
13/11/16	Sun	LINCS Lge Race 2	TBC					
19/11/16	Sat	Midlands Women's 5 mile	Nottingham					
19/11/16	Sat	Midlands Men's 7 mile	Nottingham					
20/11/16	Sun	LINCS Lge Race 3	BOSTON TBC					
03/12/16	Sat	NMXC Lge Race 3	Heanor	http://www.northmidsexcleague.co.uk/				
04/12/16	Sun	LINCS Lge Race 4	TBC					
17/12/16	Sat	Sheffield Open XC	Graves Park. Sheffield	http://www.northernathletics.org.uk/events/sheffield-open-cross-country-races/				
18/12/16	Sun	L&D Open Charity 5Mile XC	South Common Lincoln	http://www.lincolndistrictrunners.co.uk/news/	10:15	South Common Lincoln	Men 5miles Ladies 3miles	
27/12/16	Tue	Notts AC Xmas relays	TBC					

2017							
07/01/17	Sat	County XC Champs	Wollaton Park				
14/01/17	Sat	NMXC Lge Race 4	Wollaton Park	http://www.northmidsexcleague.co.uk/			
28/01/17	Sat	Midland XC Champs	Prestwold Hall, Loughborough				
28/01/16	Sat	Northern Athletics XC Champs	Knowsley ???	http://www.northernathletics.org.uk/events/northern-athletics-cross-country-championships/			
25/02/17	Sat	ECCA National XC Champs	Wollaton Park. Nottinham	http://www.englishcrosscountry.co.uk/the-national-cross-country-championships/venue/			
25/03/17	Sat	Midlands 12 & 6 Stage ROAD RELAYS	Sutton Park				
08/04/17	Sat	ERRA 12 & 6 Stage ROAD RELAYS	Sutton Park				