

T&F, XC and Road Race Dates

				Club Points Champs 2008						
		Cross Country		Road / Trail / Fell		Junior Road / Trail / Fell		Track and Field incl INDOORS		
JANUARY	01/01/09	Thursday								
	02/01/09	Friday								
	03/01/09	Saturday								
	04/01/09	Sunday								
	05/01/09	Monday								
	06/01/09	Tuesday								
	07/01/09	Wednesday								
	08/01/09	Thursday								
	09/01/09	Friday								
	10/01/09	Saturday		Lancs XC Champs - Witton						
	11/01/09	Sunday								
	12/01/09	Monday								
	13/01/09	Tuesday								
	14/01/09	Wednesday								
	15/01/09	Thursday								
	16/01/09	Friday								
	17/01/09	Saturday		Mid Lancs Fix 4 - Leyland						
	18/01/09	Sunday								Sportshall Fix 2 - Blackpool
	19/01/09	Monday								
	20/01/09	Tuesday								
	21/01/09	Wednesday								
	22/01/09	Thursday								
	23/01/09	Friday								
	24/01/09	Saturday		Northern XC Champs St Helens						NoE U17/U15 Indoors Sheffield
	25/01/09	Sunday								
	26/01/09	Monday								
	27/01/09	Tuesday								
	28/01/09	Wednesday								
	29/01/09	Thursday								
	30/01/09	Friday								
	31/01/09	Saturday								
FEBRUARY	01/02/09	Sunday			Pennine Bridleway Relay					
	02/02/09	Monday								
	03/02/09	Tuesday								
	04/02/09	Wednesday								
	05/02/09	Thursday								
	06/02/09	Friday								
	07/02/09	Saturday		BUSA XC Champs						
	08/02/09	Sunday				Blackburn Winter Warmer 10K	Race 2 2009	Blackburn Junior Run		
	09/02/09	Monday								
	10/02/09	Tuesday								
	11/02/09	Wednesday								
	12/02/09	Thursday								
	13/02/09	Friday								
	14/02/09	Saturday		Mid Lancs Fix 5 - Hyndburn						
	15/02/09	Sunday								Sportshall Fix 3 - Blackpool
	16/02/09	Monday								
	17/02/09	Tuesday								
	18/02/09	Wednesday								
	19/02/09	Thursday								
	20/02/09	Friday								
	21/02/09	Saturday		National XC Champs - London						
22/02/09	Sunday									
23/02/09	Monday									
24/02/09	Tuesday									
25/02/09	Wednesday									
26/02/09	Thursday									
27/02/09	Friday									
28/02/09	Saturday									
MARCH	01/03/09	Sunday								
	02/03/09	Monday								
	03/03/09	Tuesday								
	04/03/09	Wednesday								
	05/03/09	Thursday								
	06/03/09	Friday								
	07/03/09	Saturday		Inter Counties XC - Nottingham						
	08/03/09	Sunday								
	09/03/09	Monday								
	10/03/09	Tuesday								
	11/03/09	Wednesday								
	12/03/09	Thursday								
	13/03/09	Friday								
	14/03/09	Saturday		Mid Lancs Fix 6 - Witton						
	15/03/09	Sunday								
	16/03/09	Monday								
	17/03/09	Tuesday								
	18/03/09	Wednesday								
	19/03/09	Thursday								
	20/03/09	Friday								
21/03/09	Saturday		English Schools XC - Castle Donnington, Leicestershire							
22/03/09	Sunday									
23/03/09	Monday									
24/03/09	Tuesday									
25/03/09	Wednesday									
26/03/09	Thursday									
27/03/09	Friday									
28/03/09	Saturday		Home Countries XC - Wales							
29/03/09	Sunday									
30/03/09	Monday									
31/03/09	Tuesday									
APRIL	01/04/09	Wednesday								
	02/04/09	Thursday								
	03/04/09	Friday		Mid Lancs XC Presentation						
	04/04/09	Saturday								
	05/04/09	Sunday				NoE 12 & 6 Stage Relays - Stockport				