

<b>CROSS COUNTRY SEASON 2016-17</b>												
<b>Dates AGREED at 'fixtures meeting on 18/5/16</b>							<b>TO BE AGREED by</b>					
							<b>Sunday League Comm</b>					
		<b>XC Champs</b>	<b>Essex League</b>		<b>Schools</b>	<b>Road</b>	<b>Sunday XC League</b>					
			<i>Round</i>	<i>Host / Venue</i>	<i>&amp; other</i>	<i>Essex Champs *</i>	<i>Host / Venue</i>					
<b>2016</b>												
Sept.	Sun 4				<b>Essex Way Relay</b>						2nd claimers declared by 1/10/	
	Sun 11						Langham 10k				Sun 11	
	Sat 17				<b>SEAA 6&amp;4 Road R</b>						Sat 17	
	Sun 18						Dedham 10k				Sun 18	
	Sat 24	<b>Essex XC Relays @ Hockley Southend AC</b>										Sat 24
	Sun 25										Sun 25	
Oct	Sat 1				ERRA Road R						Sat 1	
	Sun 2						Southend 10k/Pleshey H				Sun 2	
	Sat 8				<b>R1 @ One Tree Hill - Thurrock H</b>						Sat 8	
	Sun 9						Tiptree 10m				Sun 9	
	Sat 15										Sat 15	
	Sun 16						Wix 5m				Sun 16	
	Sat 22				Area XC Relays						Sat 22	
	Sun 23				1/2 TERM		Chelmsford M				Sun 23 R1 @	
	Sat 29				<b>R2 @ Hylands -Chelmsford AC</b>	1/2 TERM - NATIONAL XC RELAYS					Sat 29	
	Sun 30				1/2 TERM						Sun 30	
Nov.	Sat 5				Schools Cup - Regional						Sat 5	
	Sun 6						Billericay 10k				Sun 6	
	Sat 12				Masters xc Int'n						Sat 12	
	Sun 13										Sun 13 R2 @	
	Sat 19				<b>R3 @ Race course - Cambridge</b>						Sat 19	
	Sun 20						Chelmsford 10k - TBC				Sun 20	
	Sat 26	<b>Vets XC / County U13+15 @ Writtle College - host Springfield</b>										Sat 26
	Sun 27										Sun 27	
Dec	Sat 3				English Schools Cup Final						Sat 3	
	Sun 4										Sun 4	
	Sat 10				SEAA Masters + Inter Counties @ Oxford TBC						Sat 10	
	Sun 11				Euro Cross -						Sun 11 R3 @	
	Sat 17										Sat 17	
	Sun 18										Sun 18	
	Sat 24	Xmas									Sat 24	
	Sun 25	Xmas									Sun 25	
	Sat 31											
<b>2017</b>												
Jan.	Sun 1										Sun 1	
	Sat 7	<b>County XC @ Claybury - Woodford G&amp;EL</b>										Sat 7
	Sun 8										Sun 8	
	Sat 14				Essex Schools XC ?						Sat 14	
	Sun 15						Benfleet 15				Sun 15	
	Sat 21	<i>Reserve cour</i>			<b>R4 @ Braintree - TBC</b>						Sat 21	
	Sun 22										Sun 22 R4 @	
	Sat 28	Southern XC @ Parli Hill										Sat 28
	Sun 29						Hadleigh Legacy 10k				Sun 29	
Feb	Sun 4	Essex indoor										Sun 4
	Sun 5	Essex indoor										Sun 5 R5 ?
	Sat 11	<i>Reserve</i>			<b>R5 @ Gloucester Park - Basildon</b>	1/2 TERM					Sat 11	
	Sun 12					1/2 TERM					Sun 12	
	Sat 18					1/2 TERM					Sat 18	
	Sun 19					1/2 TERM					Sun 19 R5 @ Billericay	
	Sat 25	National XC @ Wollaton Pk Nottingham										Sat 25
	Sun 26										Sun 26 Reserve	
Mar	Sat 4				English Schools XC						Sat 4	
	Sun 5										Sun 5	
	Sat 11	Inter-Counties @ Birmingham										Sat 11
	Sun 12						<b>Essex 20</b>				Sun 12	
	Sat 18						Orion 15				Sat 18	
	Sun 19						Brentwood H				Sun 19	
	Sat 25										Sat 25	
	Sun 26						Colchester H				Sun 26	
April	Sat 1										Sat 1	
	Sun 2										Sun 2	
	Sat 8						Essex Road R * Harwich				Sat 8	
	Sun 9						Brighton M				Sun 9	
	Sat 15	Easter									Sat 15	
	Sun 16	Easter									Sun 16	
	Sat 22										May 2nd	
	Sun 23						London M					

\* include Vets M40-50 & 50+ and W35-45 & 45+

<b>CROSS COUNTRY SEASON 2014-15</b>												
<b>Dates AGREED at 'fixtures meeting on 21/5/2014</b>												<b>TO BE AGREED by</b>
												<b>Sunday League Comm</b>
		<b>XC Championships</b>	<b>Essex League</b>		<b>Schools</b>	<b>Road</b>	<b>Sunday XC League</b>					
<b>2014</b>			<i>Round</i>	<i>Host / Venue</i>	<i>&amp; other</i>	<i>Essex Champs</i>	<i>Host / Venue</i>					
							<i>2nd claimers declared by 1/10/</i>					
Sept	Sun 14					Dedham 10k & Ingatestone 5	Sun 15					
	Sat 20				SEAA 6&4 RR		Sat 20					
	Sun 21					<b>Pleshey Half M</b>	Sun 21					
	Sat 27	<b>Essex XC Relays @ Hockley Southend AC</b>						Sat 27				
	Sun 28						Sun 28					
Oct	Sat 4						Sat 4					
	Sun 5					Southend 10k	Sun 5					
	Sat 11				ERRA RR		Sat 11					
	Sun 12					<b>Tiptree 10m</b>	Sun 12					
	Sat 18		<b>R1 @ One Tree Hill - Thurrock H</b>				Sat 18					
	Sun 19					Chelmsford Parks Marat	Sun 19					
	Sat 25				1/2 TERM		Sat 25					
	Sun 26				1/2 TERM		Sun 26	R1 @				
Nov	Sat 1	National XC Relays			1/2 TERM		Sat 1					
	Sun 2				1/2 TERM	Billericay 10k	Sun 2					
	Sat 8				Schools Cup		Sat 8					
	Sun 9					Stebbing 10m	Sun 9					
	Sat 15		<b>R2 @ Hylands Park - Chelmsford</b>			Masters xc Int'n	Sat 15					
	Sun 16						Sun 16	R2 @ = d/h				
	Sat 22				UK Cross Euro trial		Sat 22					
	Sun 23					<b>Chelmsford 10k</b>	Sun 23					
Nov	Sat 29	<b>Vets XC @ Ilford AC</b>			Schools Cup Final		Sat 29					
	Sun 30						Sun 30					
Dec	Sat 6		<b>R3 @ Orion</b>				Sat 6					
	Sun 7				Euro XC -		Sun 7					
	Sat 13						Sat 13					
	Sun 14						Sun 14	R3 @				
	Sat 20	Xmas					Sat 20					
	Sun 21	Xmas					Sun 21					
	Sat 27	Xmas					Sat 27					
	Sun 28	Xmas					Sun 28					
<b>2015</b>												
Jan	Sat 3	<b>County XC Champs @ Woodford Green EL AC</b>			Edinburgh Cross		Sat 3					
	Sun 4						Sun 4					
	Sat 10		<b>R4 @ Braintree</b>			Antrim Cross	Sat 10					
	Sun 11						Sun 11	R4 @ = d/h				
	Sat 17				Cardiff Cross / Essex Schools		Sat 17					
	Sun 18					Benfleet 15	Sun 18					
	Sat 24	Southern XC @ Brighton					Sat 24					
	Sun 25					Hadleigh Legacy 10k	Sun 25					
	Sat 31	<i>Reserve for county</i>	<b>R5 @ Colchester H</b>			BUCS	Sat 31					
Feb	Sun 1						Sun 1					
	Sat 7	<b>Essex &amp; Regional Indoor Champs</b>					Sat 7					
	Sun 8	<b>Essex &amp; Regional Indoor Champs</b>					Sun 8					
	Sat 14				1/2 TERM		Sat 14					
	Sun 15				1/2 TERM		Sun 15	R5 @				
	Sat 21	National XC @ Parli Hill			1/2 TERM		Sat 21					
	Sun 22				1/2 TERM		Sun 22					
	Sat 28						Sat 28					
Mar	Sun 1						Sun 1	Reserve				
	Sat 7	Inter-Counties @ Birmingham					Sat 7					
	Sun 8						Sun 8					
	Sat 14						Sat 14					
	Sun 15					<b>Essex 20</b>	Sun 15					
	Sat 21				English Schools xc @	Orion 15	Sat 21					
	Sun 22					Brentwood Half	Sun 22					
	Sat 28					Essex R R * @ Harrich	Sat 28					
	Sun 29					Colchester Half M	Sun 29					
Apr	Sat 4	Easter					Sat 4					
	Sun 5	Easter					Sun 5					
	Sat 11						Sat 11					
	Sun 12					London Marathon	Sun 12					
	Sat 18						Sat 18					
	Sun 19						Sun 19					

\* include Vets M40-50 & 50+ and W35-45 & 45+