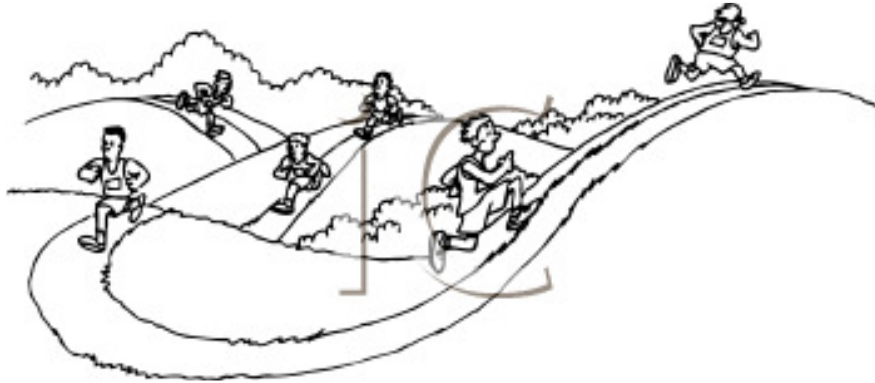


Midland Counties Women's Cross Country League



4 races, dates and venues below:
All races start at 1.45pm

Saturday 12 th November 2011	Newbold Comyn, Leamington Hosted by: Leamington C & AC
Saturday 3 rd December 2011	Abingdon Park, Northampton Hosted by: Rugby & Northampton Same venue as Div 2 Men's CC (including Centurion Men's team)
Saturday 14 th January 2012	Baggeridge Country Park, near Dudley Hosted by: Dudley, KW & BCT, Same venue as Men's Div 3 CC League CC
Saturday 12 th February 2012	Pittville Park, Cheltenham Hosted by: Cheltenham Harriers Same venue as en's Div 1 League CC

Any lady can enter – race fees have already paid, so you just need to turn up in club colours and run.

N.B. The organisers have requested that I send in a list of likely competitors before each race, so if you'd like to run, please let me know; I will forward all your registration/UKA numbers etc. This not a binding agreement, but it just makes things easier for the organisers if they know how many runners they are expecting for each club, so numbers can be allocated.

Happy running

Marilyn
Ladies Team
01675 462809