



## **Cross country leagues 2015-2016**

Biggleswade AC are entering two Cross Country leagues this year - the Chiltern League and the Three Counties League.

### **Three Counties League**

Races are on Sundays open to club members age of 17 and over.

League entry is FREE, but there is a £3.00 per race paid on the day which goes towards the cost of the venue and refreshments. Payment is NOT optional.

### **Chiltern League**

Races are on Saturdays open to club members above the age of 9.

League entry is FREE.

It is important that we have your entry details BEFORE the first race in order that we can get you pre-registered for the league. Please send them in as soon as possible.

**If you wish to enter the leagues please email the following details to:**

**Three Counties League - Juliet Nayler** Email: [jules\\_nayler@hotmail.com](mailto:jules_nayler@hotmail.com)

**Chiltern League – Mandie Trudgill** Email: [amandatrudgill\\_860@msn.com](mailto:amandatrudgill_860@msn.com)

**Details required: Full name, gender, date of birth, email address**

Once winter sets in you are likely to require cross country spikes or studs.

Biggleswade AC club colours must be worn when racing.

Please car share where at all possible as parking is limited at some venues.

### **Three Counties Cross Country League 2015/16**

Website [www.threecountiesxc.co.uk](http://www.threecountiesxc.co.uk)

This league is open to Club members 17 years or over and takes place on Sundays. 10.30am start.

One race of 4-5 miles for both senior men and ladies. Minimum age 17

25th Oct 2015 – Wellingborough

8th Nov 2015 – Wootton

29th Nov 2015 – Leighton

20th Dec 2015 - North Herts Road Runners

3rd Jan 2016 – Bedford

## **Chiltern Cross Country League,**

Web site [www.chilternccl.co.uk](http://www.chilternccl.co.uk)

10<sup>th</sup> October 2015 - Keysoe Equestrian Centre, near Bedford

7<sup>th</sup> November 2015 - Milton Keynes (Teardrop Lakes)

5<sup>th</sup> December 2015 - Culham

16<sup>th</sup> January 2016 - Luton (Wigmore Valley)

13<sup>th</sup> February 2016- Milton Keynes (Campbell Park)