

CONAC will coordinate entries and travel

Endurance Calendar

Date	Event	Venue	
25/9	SEAA Road Relays	Bedford	
1/10	Whole Club Endurance Session	Earlham Park	
8/10	ERRA Road Relays	Sutton Park	
16/10	Ryston XC League	Shouldham Warren	
22/10	SEAA XC Relays	Wormwood Scrubs	
30/10	Trowse Halloween 10K	Trowse	
5/11	ECCA Relays	Mansfield	
12/11	Whole Club Endurance Session	Earlham Park	
13/11	Ryston XC league	Shouldham Warren	
19/11	EAA and E Masters XC Champs	Keysoe, Bedford	
tbc	Norfolk County Championships	tbc	INDIVIDUAL ENTRY
4/12	County Cross Country	Charles Burrell Centre, Thetford	
10/12	SEAA XC Inter-counties and Masters Championships	Horspath Oxford	County led event for juniors and seniors individual entry (club)
11/12	Ryston XC League	Shouldham Warren	
17/12	Whole Club Endurance Session	Earlham Park	Whole club event
22/1	Ryston XC League	Shouldham Warren	
28/1	SEAA XC , Main Championships	Parliament Hills, London	
19/2	Ryston XC League	Shouldham Warren	Whole club event
tbc	National Cross Country Championships	tbc	
tbc	Inter-counties XC Championships	tbc	County led event
18/3	ESAA National Champs	Norfolk Show Ground, Norwich	
26/3	Ryston XC League	Shouldham Warren	Whole club event
tbc	SEAA 6 stage - 12 stage road relays	tbc	
tbc	National 6 stage 12 stage road relays	tbc	