## CONAC will coordinate entries and travel

## **Endurance Calendar**

Date	Event	Venue	
25/9	SEAA Road Relays	Bedford	
-5/5	SEA WHOOLE HEILING	Bearora	
1/10	Whole Club Endurance Session	Earlham Park	
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3/10	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	
10/::		- '- '-	
19/11	EAA and E Masters XC Champs	Keysoe, Bedford	
- I	Nortally County Changing thing	41	INDIVIDUAL ENTRY
:bc	Norfolk County Championships	tbc	INDIVIDUAL ENTRY
4/12	County Cross Country	Charles Burrell Centre, The	atford
+/12	County Cross Country	Charles Burren Centre, Thetiord	
			County led event for
			juniors and seniors
10/12	SEAA XC Inter-counties and Masters Championships	Horspath Oxford	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
:bc	National Cross Country Championships	tbc	
ula a	Internacional VC Champaign - Line	the a	Country last
tbc	Inter-counties XC Championships	tbc	County led event
10/2	ESAA National Champs	Norfalk Shaw Crawad Name	nwich .
18/3	ESAA National Champs	Norfolk Show Ground, Nor	WICH
26/3	Pyston VC Loague	Shouldham Warren	Whole club event
20/3	Ryston XC League	SHOULUHAHI WAITEH	vvnoie club event
tbc	SEAA 6 stage - 12 stage road relays	tbc	
. DC	SEAR & Stage - 12 Stage Toda Teldys	ibc	
tbc	National 6 stage 12 stage road relays	tbc	
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