

Please check to confirm all dates and details ..

10/10/10

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Date	Race	Notes	
09/10/2010	SCOTTISH ATHLETICS W DIST CC RELAY CHAMPS Rouken Glen Park XC		
16/10/2010	Renfrewshire AAA Cross Country Relay Championships Linwood	all age groups incl u11s	
20/10/2010	Scottish Universities 'Freshers' Indoor Track and Field Match K Hall, Glasgow TF		
23/10/2010	SCOTTISH ATHLETICS NATIONAL CC RELAY CHAMPS. CUMBERNAULD XC	pre entry .. no u11s	
23/10/2010	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
28/10/2010	Ren Schools Road Race Champs .. Linwood	must be entered by school	
29/10/2010	Atkins 3K on the Green Series McLellans Arch, Glasgow Green RR		
30/10/2010	Allan Scally Rd Rly (Inc.Scot Unis Rd Relay Chps) Bannerman HS, Baillieston	Seniors .. 4.7ml	
30/10/2010	Scottish Primary Schools Road Relay Championships Grangemouth RR	Schools competition	
30/10/2010	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
06/11/2010	KPMG Glasgow University 5 Mile Road Race Garscube Sports Centre RR	Sens ..	
06/11/2010	Stranraer 10K Road Race * Stranraer Academy RR		
06/11/2010	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
07/11/2010	Eddie's Lochaber Half Marathon An Aird, Fort William RR		
07/11/2010	Lasswade AAC Open XC Races Gorebridge XC		
13/11/2010	Edinburgh Uni HH Braid Hills CC Races Braid Hills Golf Course, Edinburgh		
13/11/2010	Achilles Heel Jimmy Irvine 10K Palace of Arts, Glasgow RR		
13/11/2010	Glen Clova Half Marathon Glen Clova Hotel, Kirriemuir, Angus RR		
13/11/2010	Scottish Secondary Schools Road Relay Championships Grangemouth RR	Schools competition	
13/11/2010	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
14/11/2010	Kilmarnock H&AC Open CC Races St.Josephs Academy, Kilmarnock XC	incl u11s .. club organised outing	
20/11/2010	Scottish Universities Sport - Cross Country Championships TBA XC		
20/11/2010	Ren AAA XC Championships Gourrock High School, Tower Hill Course	incl u11s .. pre entries	
27/11/2010	The McCain UK Cross Challenge Series and European Trials Liverpool XC		
27/11/2010	Hugh Wilson Memorial Road Race John Wright Sports Centre, EKilbride RR		
27/11/2010	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
28/11/2010	St Andrews Hospice - Saltire 6K Fun Run Strathclyde Park RR		
01/12/2010	Grangemouth Stadium Indoor OGM Grangemouth Indoor Centre TF		
04/12/2010	SIAB Indoor International Pentathlon Kelvin Hall TF		
04/12/2010	WEST DISTRICT CC CHAMPIONSHIPS Royal High School, Irvine XC	Pre entries	
04/12/2010	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
11/12/2010	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
12/12/2010	Scottish Athletics Indoor League (Match 1) Kelvin Hall TF	club entry, incl u11s	
12/12/2010	EUROPEAN CROSS COUNTRY CHAMPIONSHIPS PORTUGAL XC		
18/12/2010	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
19/12/2010	Club Christmas handicap provisional	4ml Road h'cap	

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25/12/2010	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
26/12/2010	Club Marshall Moor race .. provisional	1pm Kilb Park	
27/12/2010	Club Christmas Relay .. Kilbarchan park	1pm Kilb park	all ages & guests
31/12/2010	Donald Crawford Cup and Ballot Team race	1pm Kilb park	
02/01/2011	Beith Harriers New Year Road Races Garnock Rugby Club, Glengarnock RR	Good new year race .. all ages	
08/01/2011	BUPA Great Edinburgh International Cross Country Holyrood Park, Edinburgh XC		
	Inter District Cross Country Championships Edinburgh XC	Selection	
08/01/2011	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
08/01/2011	Nigel Barge 10K Rd Race and 3K Junior Race Garscube Sports Complex	Seniors	
09/01/2011	Scottish Athletics Indoor League (Match 2) Kelvin Hall TF		
12/01/2011	Grangemouth Stadium Indoor OGM Grangemouth Indoor Centre TF		
15/01/2011	Jack Crawford Springburn Cup Leisuredrome, Bishopbriggs RR	Seniors	
15/01/2011	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
16/01/2011	The McCain UK Cross Challenge Series Cardiff XC		
22/01/2011	Celtic Nations Cross Country Ireland XC		
22/01/2011	The McCain UK Cross Challenge Series Antrim XC		
22/01/2011	Buchlyvie 10K Buchlyvie RR		
22/01/2011	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
22/01/2011	Devil's Burdens Hill Relay Falkland, Fife HR		
Sun 23 Jan	Club Cross Country Championships provisional date .. all ages	Milliken Estate .. 2pm start	
23/01/2011	Nat U 15/U 17/U 20/U 23 & Senior Ind Open Meeting Kelvin Hall TF	Individual pre entry	
29/01/2011	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
30/01/2011	SCOTTISH ATHLETICS 4K CC CHAMPS BELLAHOUSTON PARK, GLASGOW XC	Individual pre entry	
30/01/2011	LSK Supplies Open Veterans Road Relay (SVHC) Strathclyde Park RR		
02/02/2011	Grangemouth Stadium Indoor Open Graded Meeting , Indoor Centre TF		
05/02/2011	Scottish Unis Indoor Track and Field Champs Kelvin Hall, Glasgow TF		
05/02/2011	NATIONAL MASTERS CC CHAMPIONSHIPS KIRKCALDY XC	pre entry ..	
05/02/2011	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
06/02/2011	Ren AAA Road Race Champs and Open Sen 5 ml Battery Park, Greenock	club pre entry incl u11s	
10/02/2011	Scottish Secondary Schools Indoor Track and Field Champs Kelvin Hall TF	schools pre entry	
12/02/2011	SCOT COMB EVENTS IND CHS DAY1; U13 superTEAMS & 3K IND CHPS KHALL	pre entry	
12/02/2011	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
13/02/2011	SCOT COMB EVENTS DAY 2; MASTERS IND CHPS; U13/U15 RLYS K HALL	Individual pre entry	
19/02/2011	NAT XC CHAMPIONSHIPS FALKIRK (Callendar Park) XC	Team pre entry .. no u11s	
20/02/2011	Scottish Athletics Indoor League (Match 3) Kelvin Hall TF	club entry incl u11s	
20/02/2011	Kirkintilloch O 12.5K Rd Race St Agatha's Primary School, Kirkintilloch		
26/02/2011	SCOT SENIOR IND CHAMPS; UU13 Indoor StadiaSTAR Challenge K HALL	pre entry	

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26/02/2011	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
05/03/2011	SCOTTISH U17 and U20 INDOOR CHAMPS KELVIN HALL TF	individual pre entry	
05/03/2011	Inter Counties XC; World XC Trials (Part of McCain CC Series) Birmingham XC	qualify	
05/03/2011	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
06/03/2011	SCOT U15 INDOOR CHPS & U13 Open Meet & SENIOR/U 20 RELAYS K HALL	pre entry	
06/03/2011	Annan River Race Everholm Recreation Park, Annan XC		
06/03/2011	Lasswade 10 mile Road Race Rosewell RR		
06/03/2011	Smokies 10mile Ladies Only Road Race Arbroath Sports Centre RR		
12/03/2011	Scottish Secondary Schools Cross Country Championships Irvine XC	Schools entry	
12/03/2011	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
13/03/2011	Scottish Athletics Indoor League (Finals & Relays) Kelvin Hall TF	club entry incl u11s	
16/03/2011	Grangemouth Indoor Open Graded Meeting Grangemouth Indoor Centre		
19/03/2011	Clydesdale Harriers 5K Road Race Playdrome, Clydebank RR		
19/03/2011	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
20/03/2011	SCOTTISH JUN RRACE CHPS (U13, U15, U17, U20) ROUKEN GLEN PARK	prte entry .. no u11s	
20/03/2011	IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS SPAIN XC		
20/03/2011	Alloa Half Marathon Leisure Bowl, Parkway, Alloa RR		
26/03/2011	HOME COUNTRIES CROSS COUNTRY INTERNATIONAL Belfast XC		
26/03/2011	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
27/03/2011	Round the Houses and 6th Jim Dingwall Memorial 10K Gmouth Stadium		
02/04/2011	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
03/04/2011	SCOTTISH RD RELAY CHAMPS (6 & 4 STAGE) LIVINGSTON (ALMONDVALE)	Club pre entry	
09/04/2011	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
10/04/2011	DAvid Cummings 7ml handicap club race	Kilbarchan Park 1pm	
10/04/2011	Tom Scott Memorial Road Races (10 miles & 6K) Strathclyde Park RR		
16/04/2011	Glasgow parkrun (5K) * Pollok Park, Glasgow RR		
17/04/2011	VIRGIN LONDON MARATHON and MINI MARATHON LONDON RR		
23/04/2011	Scot Primary Schools XC Championships Kirkcaldy High School XC	Schools entry	
27/04/2011	Whangie Whizz (OS64/511807) Queen's View, Nr Carbeth, Club HRace Chps	.. also jnr races	