



### CROSS COUNTRY ~ LEAGUE DATES

RACE	DATE	VENUE
1	Friday 4 <sup>th</sup> May	Charles Morkel Stadium (Strand)
2	Friday 11 <sup>th</sup> May	Gordons Bay Park Run
3	Friday 18 <sup>th</sup> May	Macassar Sports Grounds
4	Friday 25 <sup>th</sup> May	Radloff Park
5	Friday 1 <sup>st</sup> June	Charles Morkel Stadium (Strand)
6	Friday 20 <sup>th</sup> June	Gordons Bay Park Run
7	Friday 27 <sup>th</sup> July	Route 44