

## Cross Country 2008/9

### 2008

- December 6 Southern Inter Counties
- December 7 Woodbridge, Sutton Village Hall (IP12 3DY) Leg four of Suffolk winter league.
- December 14 Ryston Grand Prix III
- December 26 Groggy Doggy

### 2009

- January 11 Suffolk Championships, Holbrook
- January 11 Ryston Grand Prix IV
- January 18 Framlingham Rugby Club (IP13 9PJ) Leg five of Suffolk winter league.
- January 24 Southern Championships
- February 1 Haughley Park nr Stowmarket (IP14 3JU). Leg six of Suffolk winter league.
- February 8 Eastern Cross Country Championships
- February 8 Ryston Grand Prix V
- February 21 National Championships
- March 1 Lode Fen run
- March 14 UK Inter counties
- March 15 Ryston Grand Prix VI
- October 4 Ryston Grand Prix I
- October 24 RAF Barnham
- October 25 Bury St Edmunds, Nowton Park (IP29 5LT) Leg one of Suffolk winter league
- October 30 ECCA relays
- November 1 Fritton Lake (NR31 9EX) Leg two of Suffolk winter league.
- November 7 UKA Challenge
- November 8 Ryston Grand Prix II
- November 15 Ditchingham Village Hall. Leg three of Suffolk winter league.  
REMEMBER bring your cakes please
- November 21 UKA Challenge