

## IHAAC SENIOR CROSS COUNTRY SEASON 2013/14

Please return to Ross Nixon

NAME
Mobile No
Email

DATE	VENUE	ATTENDING Y/N
5th October 2013	Caithness	
12th October 2013	Caithness - North Relays	
2nd November 2013	Keith	
16th November 2013	Elgin	
30th November 2013	Nairn - North District Championship	
4th January 2014	Inverness	
25th January 2014	East Sutherland	
15th February 2014	Forres	

Please add your mobile and email so that we can share information, training sessions, transport etc and generally be better organised. Please also give an indication of your intention to run at these events so we can ensure we have a team for each event and share transport etc. £2 per race will be collected from all runners on the day of the race.

Cheers. Ross - 07734960721

**Please remember that all runners must be paid members and SAL registered to compete in the North League**