

Weekend	Cross Country / Road Race	Venue	Other CC and RR	Training	Venue	Session	Lead Coach	Map 1	Map2
4/5 September	Perth Ultra Fest 24hr/100K/12hour relay	Perth	Middlesbrough Road Mile	Free					
11/12 September			Cardiff 10k RR	Session 1	Meadows	6 - 10 x 3 mins (3 mins rec jog)	Alex MacEwan	Meadows Route	
18/19 September	Stirling 10K (Inc Grand Prix Road Final)		Great North Run	RACE					
25/26 September	Kilbarchan Relays		Southern 6 Stage RR/Swansea 10k RR	RACE					
2/3 October	McAndrew Road Relays		Loch Ness Mara / Commonwealth Games/ Warrington Half	RACE					
9/10 October	District CC Relays		Commonwealth Games end 15th Oct	RACE					
16/17 October	East CC League/County CC Relays		ERRA National 6/4 Stage Road Relays	RACE					
23/24 October	National CC Relays	Cumbernauld	Great South Run	RACE					
31/31 Oct	A.Scally Relays		English CC Relays/Jedburgh Half Marathon	RACE					
6/7 November	Glasgow Univ "5" and Lasswade CC			Session 2	Dechmont Law Country Park	4 - 6 x Double Loops (2 mins recovery)	Martin Hyman	Dechmont Law CP Route	
13/14 November			Gateshead CC, Masters CC International	Session 3	Holyrood Park	8 - 10 Mins Tempo, 10 x 60 sec RUN, 60 sec JOG, 8 - 10 Mins Tempo	Moray Anderson	Holyrood Tempo Route	Holyrood 60 Sec Rep Route
20/21 November	North CC Champs/East League/County CC		Scot Univ CC Champs	RACE					
27/28 November			European CC Trials, Liverpool	Session 4	Seafield Park	6 - 10 x 3 mins (2 mins rec jog)	Moray Anderson	Seafield Park Route	
4/5 December	East & West CC Champs			RACE					
11/12 December			European CC Champs, Portugal	Session 5	Pitreavie	4 - 6 x 6 mins (3 mins rec jog)	John Wands	Pitreavie Route	
18/19 December				Session 6	Holyrood Park	10 - 15 Mins Tempo, 10 x 60 sec RUN, 60 sec JOG, 8 - 10 Mins Tempo	Neil Renton	Holyrood Tempo Route	Holyrood 60 Sec Rep Route
25/26 December				Free					
1/2 January				Free					
8/9 January	Great Edinburgh CC inc Inter District	Edinburgh		RACE					
16/17 January	East CC League			RACE					
21/22 January	Devils Burden Hill Relay		Antrim Cross Country	Session 7	Meadows	3 x 6 mins (4 mins rec jog)	James Jarvis	Meadows Route	
29/30 January	4K CC Champs	Glasgow		RACE					
5/6 February	Masters CC Champs		BUSA CC European Clubs CC	Session 8	Pitreavie	5 - 7 x 6 mins (2 mins rec jog)	Steve Cottom	Pitreavie Route	
12/13 February				Free					
19/20 February	National CC Champs	????	English National CC, Alton Towers	RACE					
26/27 February				Free					
5/6 March			Inter Counties CC Birmingham	RACE					
12/13 March			Scottish Schools CC	Free					
19/20 March	Young Athletes Road Champs	????	World CC Spain, Home Countries CC, Ireland	Free					
26/27 March			Inverness Half Mara/ Schools CC Ireland	Free					
2/3 April	6/4 Stage Road Relays *	Livingston		RACE					
9/10 April			ERRA National 12/6 Stage Road Relays	Free					
16/17 April			Virgin London Marathon	RACE					
23/24 April (Easter)				Free					

* Dependant on Livingston FC not being at home

RACE =	Fixtures that majority of EES runners will be targetting.
Free =	Saturday that is currently free of a fixture that caters for majority of runners that will be involved in EES.
Session =	Saturday that has been selected to hold a EES as majority of runners will be available.

Celtic Nations CC Ireland ?