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| **LASSWADE**  Athletics Club |

**Club Championships – Sunday 20 September 2015, Meadowbank**

The annual Club Championship takes place at Meadowbank next month and all those wanting to take part should by now have a form.

This great event, run by the club marks the end of the track season and what better way to sign off than with a PB or an event you have never tried before.

There is a run, jump and throw event for younger runners and a full track and field card for u11-Masters .

Forms are available on our webpage and facebook. Form to be returned to David McConnell by 1 September 2015 if possible. SEE YOU THERE !!!



**Lasswade AC Open Cross Country – 01/11/2015**

The 34th Lasswade Athletics Club open cross country event takes place on Sunday 01 November 2015 at Gore Glen Playing Fields, Engine Road, Gorebridge, Midlothian.  
This is one of the few open events that remain on the cross country calendar. There are races for all age groups from under 11 to senior/vets, so mark the date in your diary and we’ll look forward to seeing you on the day!

Adult entries are being taken NOW via Entry Central- <http://www.entrycentral.com/festival/706>

Children and Juniors will sign in on the day at Gorebridge leisure centre. Showering facilities will be available at Gore Glen playing fields



**DATE FOR YOUR DIARY**

**November 2015 Disco – Club Disco and Prize giving**

**November 6 Woodburn Miners Club**

**WINTER FIXTURE LIST - PROVISIONAL**

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| *2015* |  |  |  |
| *Sunday* | *11-Oct* | ***East CC Relays*** | *Peebles* |
| *Saturday* | *24-Oct* | ***Nat CC Relays*** | *Cumbernauld* |
| *Sunday* | *01-Nov* | ***Lasswade AC Cross Country*** | *Gorebridge* |
| *Saturday* | *07-Nov* | ***Nat Short Course Champs*** | *Bellahouston Park, Glasgow* |
| *Saturday* | *12-Dec* | ***East CC Champs*** | *Livingston* |
| *2016* |  |  |  |
| *Saturday* | *09-Jan* | ***Inter District Championships*** | *Holyrood Park, Edinburgh* |
| *Saturday* | *16-Jan* | ***National Open*** | *Emirates, Glasgow* |
| *Saturday* | *30-Jan* | ***Scottish Seniors*** | *Emirates, Glasgow* |
| *Saturday* | *30-Jan* | ***Nat Masters CC Champs*** | *Forres* |
| *Sunday* | *07-Feb* | ***SuperTEAMS (U12s)*** | *Emirates, Glasgow* |
| *Saturday* | *13-Feb* | ***Age Groups*** | *Emirates, Glasgow* |
| *Sunday* | *14-Feb* | ***Age Groups*** | *Emirates, Glasgow* |
| *Saturday* | *20-Feb* | ***Sainsbury’s Grand Prix*** | *Emirates, Glasgow* |
| *Saturday* | *27-Feb* | ***Nat CC Champs*** | *Falkirk* |
| *Saturday* | *05-Mar* | ***Combined Events; Masters track and field*** | *Emirates, Glasgow* |
| *Sunday* | *06-Mar* | ***Combined Events; Senior Relays*** | *Emirates, Glasgow* |
| *Sunday* | *06-Mar* | ***Lasswade AC 10 Mile Road Race*** | *Rosewell* |
| *Saturday* | *02-Apr* | ***Nat Young Athletes Road Champs*** | *Greenock* |
| *Sunday* | *03-Apr* | ***Nat 6/4 Stage Road Relays*** | *Livingston* |
| *Sunday* | *06-Mar* | ***Combined Events; Senior Relays*** | *Emirates, Glasgow* |