



# Motherwell Athletics Club

## MAC Race and TT dates 2010

Feb 2	TT
<b>Feb 14 (Sun)</b>	<b>ATHelite 5k, Chatelherault</b>
March 9	TT
<b>March 20 (Sat)</b>	<b>Heriot-Watt 5k</b>
<b>March 28 (Sun)</b>	<b>Grangemouth 10k</b>
<i>April 3 (Sat)</i>	<i>SA Road Relay Championships, Livingston</i>
April 6	TT
<b>April 11 (Sun)</b>	<b>Tom Scott 10-mile</b>
<i>April 25 (Sun)</i>	<i>CSSAL @ Grangemouth 1/3</i>
<b>April 28 (Wed)</b>	<b>Whangie Whizz</b>
May 4	TT
<b>*May 9 (Sun)</b>	<b>Women's 10k, Glasgow</b>
<b>May 15 (Sat)</b>	<b>Loch Leven half-marathon</b>
<i>May 23 (Sun)</i>	<i>CSSAL @ Dumfries 2/3</i>
June 1	TT
<b>TBC June 6 (Sun)</b>	<b>Carluke 10k</b>
<b>*June 20 (Sun)</b>	<b>Men's Health 10k</b>
<b>TBC June 25 (Fri)</b>	<b>Calderglen 5k</b>
<i>June 27 (Sun)</i>	<i>CSSAL @ Linwood 3/3</i>
July 6	TT
<b>TBC July 13 (Tues)</b>	<b>Moffat 15k</b>
<b>Aug 1 (Sun)</b>	<b>Helensburgh half-marathon</b>
Aug 3	TT
<b>TBC Aug 21 (Sat)</b>	<b>Rothesay 10k</b>
Sept 7	TT
<b>TBC Sept 12 (Sun)</b>	<b>Cumbernauld 10k</b>
Oct 5	TT
<i>TBC Oct 16 (Sat)</i>	<i>Lanarkshire AAA RR Champs, Drumpellier Park</i>
<i>TBC Oct 23 (Sat)</i>	<i>SA National XC Relays, Cumbernauld</i>
<b>TBC Oct 31 (Sun)</b>	<b>Hamilton 5k</b>
Nov 2	TT

The MC track championship dates have still to be chosen but should be sometime in June, previous dates are:

### MAC Track Championships

2007 June 20 (Wed)

2008 June 15 (Sun)

2009 June 14 (Sun)

NB School summer hols commence June 23 (Wed) 2010