

Cross Country 2019-2020



Welcome to the Cross Country season!

Every year in October, the new Cross Country (XC) season starts. Cross Country running brings an opportunity for club members across all groups and abilities to compete at the same match.

This guide provides an outline of what you need to know, including key dates and venue information.

Adults and children aged 11 upwards are welcome and encouraged to join our Cross Country team.

Further details and updates can be found on the club website. For more information, and to register for the team, please contact our XC Team Managers **Kevin Winch** or **Richard Long**, or send an email to crosscountry@bexleyac.org.uk.



Cross Country and Bexley AC

Bexley AC competes in the Kent League organised by KCAA. This is a series of (mostly) local matches including two Championships (Kent Champs and Kent Masters).

We also participate in the Southern Championships (SEAA), and National Championships (ECAA) – these are big events which are a lot of fun to be part of. All members of the XC team are welcome to compete in the Championships. Further info on the organisers, as well as past results, can be found here:

KCAA: www.kcaa.org.uk

SEAA: www.seaa.org.uk

ECAA: www.englishcrosscountry.co.uk

How to enter

- Please let one of the Club's Cross Country team managers know that you wish to compete. You must be a current member of the club with England Athletics (EA) competition license. Please provide your date of birth and EA URN number.

Deadlines for entries

- No entries are permitted on the day. For most races we need at least 10 days notice to register you. For the Championships the deadline is usually 2 months in advance, with no late entries allowed.

Cost

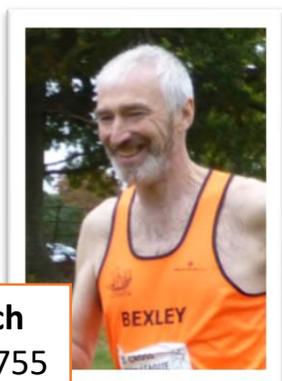
- Bexley AC pays for your entries. For the Championship races we pay the fees but we do ask for a refundable deposit.

Schools and Youth Cross Country

In addition to the league matches, there are additional opportunities for our young athletes to get involved with Cross Country.

- **Bexley Schools:** Every year Bexley Borough organises a selection event held at Hall Place for participating Bexley schools. Bexley AC is often approached to recommend athletes for the Bexley Schools Team. Only pupils who live/go to school in Bexley Borough can participate. While we help at these events please bear in mind Bexley AC is not responsible for their organisation.
- **London Youth Games:** This was set up in 1977 as a way to promote sport in London Boroughs. Bexley AC has been asked to manage the teams for the LYG races on behalf of Bexley Borough.

Your Team Managers



Kevin Winch
07816 616755



Richard Long
07871 765412

Key dates and venues 2019-2020

| Date | Race | Venue | Open to: |
|----------|--------------------|-------------------------------|--|
| 12/10/19 | Kent XC league | Swanley Park (Kent) | All |
| 26/10/19 | Kent XC league | Somerhill Schools (Tonbridge) | All |
| 9/11/19 | Kent XC league | Danson Park (Bexley) | All except sen men |
| 16/11/19 | London Youth Games | Parliament Hill (London) | School ages, also senior London champs |
| 30/11/19 | Kent Masters | Hesketh Park (Dartford) | Vets only |
| 14/12/19 | Kent XC league | Foots Cray (Bexley) | All except sen women |
| 04/01/20 | Kent Champs | Brands Hatch (Kent) | All |
| 25/01/20 | Southern Champs | Parliament Hill (London) | All |
| 08/02/20 | Kent XC league | Norman Park (Bromley) | Sen Men & Women only |
| 22/02/20 | National Champs | Wollaton Park (Nottingham) | All |

Timings of races will vary and will be announced before each event

Other XC events

- TBA - Bexley Schools and Kent Schools Championships
- 19/10/19 – Southern Relays at Wormwood Scrubs (possible Bexley AC team)
- 5/10/19, 28/12/19, 11/1/20 – Cambridge Harriers XC Races
(see website for details)

Race Days

Note that all the XC races take place on Saturdays. Venues, dates and timings vary from year to year. We will provide website and Facebook updates nearer each event so please check before you head off to an event in case of last minute changes or cancellations.

Transport

Please car-share where possible. Please look out for members without transport and help where you can. Transport (a coach) is usually provided for some of the larger and more remote events like the National and Southern Championships.

Distances

Currently senior men run 10k and senior ladies run 5k. Some championships may have longer distances. The younger groups run between 3k and 5k.

Frequently Asked Questions

How old do I need to be?

- 11 upwards. The races are split into age groups: Under 13/15/17/20 then Seniors. There are also Masters/Veterans categories at some events.

What are courses like?

- Each course is very different. Weather conditions play a large part. Most courses are on open grassland. We will give you more details in our updates before each event.

What should I wear?

- You must wear the club vest and black shorts/leggings. Keep an eye on the weather forecast and bring appropriate layers for before/after.

Trainers, trail shoes or spikes?

- Venues and the weather can vary. We recommend having at least a pair of trail shoes to start with. This will give much needed extra grip that standard road running trainers cannot provide. Trail shoes can be purchased at a reasonable cost from outlets such as Sports Direct. You may also decide to invest in a pair of spikes (9 or 12 mm) for extra grip, especially if weather has been very unkind to a course and you're looking for a fast time. Be aware of the forecast and look out for our event updates, but usually either trail shoes or spikes are fine.

Do we host an event?

- Yes, we do. We will need help from club members and friends with marshalling and setting up. The Bexley AC hosted event is in Danson Park in November. You are welcome to race in this event.

Am I good enough?

- Yes, you are. The way the scoring system works, the bigger the team the better, there is no selection process. We wish as many of the club to enjoy the benefits of Cross Country. It is superb training for the track season as Cross Country provides an excellent springboard for speed training and endurance. It is also a good strengthening discipline for Road Runners and can form an important part of any marathon training.

Further information

- **Website** www.bexleyac.org.uk – Cross Country section. This is where we will post any important updates
- **Facebook Group** – “Bexley AC Cross Country” join this group to share photos and catch up on chat about events, travel arrangements etc.
- **Email** crosscountry@bexleyac.org.uk to contact the team managers



For urgent matters please contact **Kevin Winch** or **Richard Long** directly

