

Bexley AC

Open to all, providing athletics for the community since 1954



Cross Country Schedule 2023-24



All are welcome to the 2023 Cross Country season!

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, whether you are a Road Runner or a T&F athlete.

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's website. For more information, and to register for the team, please contact our XC Team Managers Kevin Winch or Richard Long, join the WhatsApp group Bexley AC Mudlarks (XC), 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

ECCA: 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 an England Athletics (EA) competition licence. Please provide your date of birth and EA URN number.

Cost and deadlines

- Bexley AC will pay for your race entries. For the Championship races we also pay the fees but we will ask for a deposit which is refundable when you attend.
- 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.

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 usually 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 XC Team Managers & Subcommittee



Kevin Winch
07816 616755



Richard Long
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Simon Wells
07725 585162

Kirsty McEwen
07745 064411

Joe O'Hara
07540 289339

Key dates and venues 2023-2024 (provisional and subject to change)

Date	Race	Venue	Open to (usually 11 and over unless stated):
07/10/23	XC Training Run	Lesnes Abbey Woods	Seniors only
14/10/23	Kent XC League	Foots Cray Meadows	All
28/10/23	Kent XC League	Somerhill Sch (Tonbridge)	All
11/11/23	Kent XC League	Danson Park	No senior women
18/11/23	London Youth Games	Parliament Hill	9-16 years (U11 to U17)
18/11/23	London XC Champs	Parliament Hill	Senior Men and Women
25/11/23	Kent XC League	Swanley Park	No senior men
02/12/23	Kent Masters	Dartford Park	Vets only (M 40+, F 35+)
06/01/24	Kent Champs	Brands Hatch	All
20/01/24	Kent Schools	tbc	Yr7 – Yr13
27/01/24	Southern Champs	Beckenham Place Park	All
10/02/24	Kent XC League	Norman Park (Bromley)	Sen Men & Women only
24/02/24	National Champs	tbc	All

Timings of races will vary and will be published before each event. Please keep an eye on the website and Club communications as venues/dates can sometimes change.

Other XC events to look out for (keep an eye on website for updates)

- Bexley Schools Championships
- Cambridge Harriers XC Races in Bexley and Joydens Wood
Sat 21st Oct – 5 miles / Sat 30th Dec - 7.5 miles / Sat 3rd Feb - 10 miles

Race Days

Note that all the major XC races take place on Saturdays. Venues, dates and timings vary from year to year. We will provide WhatsApp, 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

Senior men and women run 8k. 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 for most races. 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 orange Bexley AC 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 running spikes (using 9 or sometimes 12 mm metal spikes) 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. Ask your team managers and fellow runners for advice.

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 (except senior women who do not take part in this one).

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.

Stay in touch, and for further info...

- **WhatsApp Group** – join the group to stay in touch with your fellow mudlarks and get latest news from your team managers. Scan this QR code using the camera in the WhatsApp app.



Other resources:

- **Website** www.bexleyac.org.uk – Cross Country section. This is where we will post major updates related to matches and league information.
- **Facebook Group** – “Bexley AC Cross Country” join this group to chat with other mudlarks, share photos etc.
- **Email** crosscountry@bexleyac.org.uk to contact the XC team managers.

