**KENT LEAGUE CROSS-COUNTRY MATCH 2**

**Saturday 25th October 2014 at Somerhill Schools, Tonbridge TN11 0NJ**

The second match of this seasons Kent Cross-Country League fixtures takes place on Saturday 25th October at Somerhill Schools Tonbridge starting at 12.00 p.m.

There are four fixtures in this league and trophies are awarded in each age-group to the club with the lowest points total for their first three runners in each of the fixtures. Additionally awards are made to the best three individuals who compete in ALL four fixtures. **Everyone can run in each fixture.** Please arrive an hour before your race to give you time to walk the course.

Race times and distances for this and all the Kent League fixtures are:

 Under 13 Girls 12.00 p.m. 2,500 metres

 Under 13 Boys 12.20 p.m. 3,000 metres

 Under 15 Girls 12.40 p.m. 3,000 metres

 Under 15 Boys 1.00 p.m. 4,000 metres

 Under 17 and 20 Women 1.20 p.m. 3,500 metres

 Under 17 and 20 Men 1.40 p.m. 5,000 metres

 Senior Women 2.00 p.m. 5,000 metres

 Senior Men 2.30 p.m. 10,000 metres

You have been registered for this league and will be given numbers for this fixture by your team manager at the start. These MUST be returned to Hanna Cordell at the end of the race as they have to be used for the remaining fixtures. New athletes will be registered at the start of each fixture.

**Directions to the event are as follows**:

**From A21 North**

Pass Tonbridge and Hildenborough exit. Pass Tonbridge and Southborough exit. Take next exit and at roundabout take 2nd exit. Travel about half mile to next roundabout and take 3rd exit, into Tudeley Lane (B2017) towards Paddock Wood and Tudeley. The entrance to the schools at Somerhill is on the right after a few hundred yards

If you need a lift then please speak to your team manager by the end of Tuesday’s training and we will do our best to help.

**Next Fixtures**

The next fixture is the National Cross-Country Relays at **Mansfield on Saturday 1st November**. We will select up to three teams of three for each age-group after this race.

The next fixture in this league is on **Saturday 8th November at Sparrows Den, West Wickham.** The same timetable and distances will be used except there is no senior mens race. This will also be the Cross-Country

Club Championships with medals to the first three Blackheath & Bromley runners in each race.

The following week is the London Youth Games on **Saturday 15th November** at Parliament Hill, Jay Galley is the Bromley Borough Team Manager.

Andy Frankish 07793-670609, (girls), Paul Austridge 07710-094846 (boys). Hanna Cordell 07905-458678.