**KENT LEAGUE CROSS-COUNTRY MATCH 3 and Club Championships Saturday 8th November 2014 at Sparrows Den, West Wickham**

**The third fixture** of this seasons Kent Cross-Country League fixtures takes place on **Saturday 8th November 2014 at Sparrows Den** and includes the Blackheath & Bromley club championships.

**Additionally awards will be made to the first three club members in this meeting in each of the Under 13, 15 and 17 age-groups.**

                             Everyone can run in this fixture.

Race times and distances for this fixture are as follows:

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

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 all four fixtures.

 New athletes will be registered at the start of each fixture.

**Next Fixtures**

The Bromley secondary schools championships take place at Darrick Wood School on Wednesday 12th November during school time. Entry is via your school.

The next fixture is the London Youth Games at Parliament Hill Fields on Saturday 15th November. Selection for this is by borough and Jay Galley is the Bromley team manager for the majority of club athletes running.

The next club fixture is the final Kent League at Danson Park, Bexleyheath on Saturday 29th November,

If you need any further details or have any questions please contact me.

Paul Austridge 07710-094846

                                                                                                P.S. It would be great to get everyone out for this, our home fixture.  Except for those who have the English Schools Cup on the same day!