**KENT LEAGUE CROSS-COUNTRY MATCH 4**

**Saturday 29th November 2014 at Danson Park, Bexleyheath DA6 8HL**

The final match of this seasons Kent Cross-Country League fixtures takes place on Saturday 29th November at Danson Park starting at 12.00 p.m.

Race times and distances for this fixture are as follows:

Current Team Placing

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

**Under 13 Boys 12.20 p.m. 3,000 metres 1st**

Under 15 Girls 12.40 p.m. 3,000 metres 1st

**Under 15 Boys 1.00 p.m. 4,000 metres 3rd**

Under 17 and 20 Women 1.20 p.m. 3,500 metres 1st & 1st

**Under 17 and 20 Men 1.40 p.m. 5,000 metres 2nd**

Senior Men 2.00 p.m. 5,000 metres

Presentations for the season will take place as soon as possible after each race

You have been registered for this league and will be given numbers for this fixture by your team manager at the start. New athletes will be registered at the start of the fixture.

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

From Bromley take the A222 signposted Sidcup and crossing the A20 go past Queen Mary’s

Hospital and go into Sidcup. Keep on the A222 and pass Sidcup Station, then turn right into Hurst Road still on the A222. Pass Chislehurst & Sidcup Grammar School on your left and at first

roundabout turn left on to the A221. Follow the A221 crossing the A2 and you will see Danson

Park on your left hand side. Drive past the boating lake and take the next on the left which leads

into the centre of Danson Park. This road leads to the Parking Area by the Children’s Playground

and the race Start and Finish are just nearby.

For those using the M25 come off at Junction 3 and take the A2 towards London. Then take the A221 exit off the A2 and follow the instructions above.

**Next Fixtures**

The next fixture is the South of England Inter-Counties at Oxford on Saturday 13th Dec for those selected by Kent or Surrey.

For those not selected there is the Holly Run at Reigate on Sunday 14th Dec, details at:

http://www.rpac.org.uk/index.php?p=hollyrun

This meeting can be entered individually and also includes under age races for younger brothers and sisters.

The next club fixture is the **Kent** **County Championships on Saturday 3rd January 2015** at Brockhill Country Park, **Hythe starting at 11.00 a.m.**

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

Paul Austridge

07710094846