**KENT COUNTY CROSS-COUNTRY CHAMPIONSHIP**

**Saturday 4th January 2014 at Brockhill Country Park,**

**Sandling Road, Saltwood, Hythe, Kent, CT21 4HL**

You have been selected to represent the club in the Kent County Championships at Brockhill Country

Park, Hythe on Saturday 4th January starting at 10.30 a.m.

The courses will be run over the main school field and the north side of the stream in the Country Park. The courses in the school field will be relatively flat and open but the courses in the Country Park will be narrower, twisty, undulating and possibly soft in places with a harder surfaced trackway joining the two.

Race times and approx distances (based on last year) for this fixture are as follows:

Under 13 Girls 10.30 a.m. 3, 190 metres

Under 13 Boys 10.45 a.m. 3, 450 metres

Under 15 Girls 10.55 a.m. 3, 690 metres

Under 15 Boys 11.15 a.m. 4, 150 metres

Under 17 Women 11.40 a.m. 4, 150 metres

Under 17 Men 12.10 p.m. 6, 340 metres

Under 20 Women 12.30 p.m. 6, 340 metres

Senior Men 1.00 p.m. 12,330 metres

Senior Women 2.00 p.m. 7,880 metres

Under 20 Men 2.35 p.m 7,880 metres .

Please ensure you arrive at least 1 Hour before the start of your race to give you plenty of time to walk

the course.

This is the most important race of the season so far. Teams will be selected to represent Kent in the National Inter-Counties largely based on these results. Also the first 3 individuals and the first 3 teams will receive medals.

Presentations to winning teams and individuals will be made during the day.

**Location of the event is as follows**:

Brockhill Park School and Brockhill Country Park, Sandling Road, Saltwood, Hythe, Kent, CT21 4HL

If you need a lift then please speak to Paul or Andy before the end of Thursday 2nd Jan training and we will do our best to help.

**FUTURE EVENTS**

The Kent Schools take place at Wilmington on Saturday 18th January, entry is via your school and district schools. The Surrey Schools take place at Reigate on the same date.

The next major club fixture is the **South of England Cross-Country at Parliament Hill on Saturday 25th January** details of this fixture will be circulated in early January.

If you need any further details or have any questions please let either of us know.

Andy Frankish (girls) 0779 3670609, Paul Austridge (boys) 0771 0094846