**KENT LEAGUE CROSS-COUNTRY MATCH 3**

**Saturday 9th November 2013 at Beech Grove Academy, 74 Sandwich Road, Nonington, Dover CT15 4HH**

The third match of this seasons Kent Cross-Country League fixtures takes place on Saturday 9th November at Beech Grove Academy 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.**

Race times and distances for this fixture are as follows:

Current Teams Best Overall Individual

Under 13 Girls 12.00 p.m. 2,600 metres 2nd 1 Millie

Under 13 Boys 12.20 p.m. 3,050 metres 1st 1 Michael

Under 15 Girls 12.40 p.m. 3,050 metres 1st 2= Kelsey, Naomi

Under 15 Boys 1.00 p.m. 4,140 metres 2nd 6 Marco

Under 17 and 20 Women 1.20 p.m. 3,370 metres 2nd 1 Niamh

Under 17 and 20 Men 1.40 p.m. 5,130 metres 2nd 1 Will

Senior Women 2.00 p.m. 5,130 metres 1st 6 Carole

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.

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

**Address: Beech Grove Academy, Sandwich Road, Nonington, Dover, Kent CT15 4HH.**

About 6 miles S.E. of Canterbury, exit A2 at junction with A260. Signposted for Channel Tunnel, Folkestone & Aylesham.

At roundabout take first exit to B2046, signposted for Aylesham (and Nonington).

After about a quarter mile, turn right on to minor road, signposted for Womenswold and Nonington. After about a half mile, bear left at fork, signposted for Snowdown & Nonington. Continue on this road past Snowdown Colliery and then through Nonington Village (Easole Street). At mini-roundabout turn right. At T-junction with Mill Lane, Easole Street becomes Sandwich Road. Continue straight-on along

Sandwich Road. After about a quarter mile, turn left into Beech Grove main entrance and follow marshal's instructions to parking area.

**Next Fixtures**

The next fixture is the London Youth Games on Saturday 16th November. For those representing Bromley,

details have been provided by Jay Galley, team manager for this event.

The final fixture in this league is on **Saturday 30th November at Sparrows Den, West Wickham*.******THIS RACE IS THE BLACKHEATH & BROMLEY Club Championships for 2013 for all u13,u15 and u17 age-groups .****The same timetable and distances will be used except that* the Senior Womens race is replaced by a Senior Mens race.

If you need a lift or any further details or have any questions please contact any of us.

Andy Frankish 07793-670609(girls), Paul Austridge 07710-094846 (boys).