**KENT LEAGUE CROSS-COUNTRY MATCH 1**

**Saturday 5th October 2013 at Swanley Park, Swanley BR8 7PW**

The first match of this seasons Kent Cross-Country League fixtures takes place on Saturday 5th October at Swanley Park, Swanley starting at 12.00 p.m. **Everyone can run in this fixture.**

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 (girls), four runners (boys) in each of the fixtures.

**Additionally awards are made to the best three individuals in each age-group who compete in ALL four fixtures**.

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.

If you need a lift please speak to your team manager by Tuesday 1st October.

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

1) From Bromley town centre take the A222 past Chislehurst to its junction with the A20. At the roundabout take the A20 Dover turning but keep on the sliproad down to the Traffic Lights on the Crittalls Corner roundabout. Take the second exit past Tesco's to Ruxley Corner roundabout, and take third exit signposted Swanley B2173.After passing garden centre on left, turn left into Birchwood Road and then first right into Leydenhatch Lane which leads into New Barn Road and car park is on the right hand side.

2) From M25 Junction 3 / M20 Junction 1: Take the B2173 into Swanley - last exit on first roundabout - last exit on second roundabout - last exit on third roundabout into Swanley Lane - about 1/2 mile turn left into New Barn Road - about 1 mile car park on left. Address is New Barn Road, Swanley BR8

***You are reminded that if you have not already done so, that a £12 contribution is required towards the cost of all the winter cross-country and road running entry fees. These should be paid to your team manager by 5th October.***

**Next Fixtures**

**The National Road Relays at Sutton Coldfield on Sunday 13th October.**

The next fixture in this league is on **Saturday 26th October at Somerhill, Tonbridge**. The same timetable and distances will be used.

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

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