

NATIONAL CROSS COUNTRY

CHAMPIONSHIPS

Saturday 22nd February 2014

Wollaton Park, Nottingham

This season's National Cross-Country Championships will take place in Nottingham and the club is currently finalising its arrangements for this fixture. Everyone is eligible to run in this race and there is no limit on numbers running.

The race is the final weekend of the half-term holiday so the club has organised a coach travelling from Bromley at mid-day on Friday 21st February and will return Sunday 23rd February late afternoon. All athletes will be booked into the Park Inn by Radisson hotel for two nights on a dinner, bed and breakfast basis. The hotel has an indoor swimming pool and fitness centre.

The cost of this weekend will be £110 per person to include entry fees, travel, accommodation and meals as described. Entries have to be made before the end of the year so we will need a firm commitment from everyone who intends to run.

We therefore will need a decision by 30th November, and a deposit of £50 from everyone who wants to run. This will be refunded in the event of injury or illness preventing you from racing. The balance to be paid in February.

If you need any more information or have any questions or concerns please talk to your team manager as soon as possible.

Andy Frankish and Paul Austridge

Team Managers