THE SOUTH OF ENGLAND ATHLETIC ASSOCIATION

CROSS COUNTRY CHAMPIONSHIPS 2014

(Under UK Athletics Rules and ECCA Laws)

**Parliament Hill Fields, Hampstead London on Saturday 25th January 2014**

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Under 15 Boys 4500 metres 11:00 am

Under 13 Girls 3000 metres 11:20 am

Under 13 Boys 3000 metres 11:35 am

Under 15 Girls 4000 metres 11:50 am

Under 17 Men 6000 metres 12:10 pm

Under 20 Women 6000 metres 12:40 pm

Under 17 Women 5000 metres 1:05 pm

Under 20 Men 8000 metres 1:30 pm

Senior Women 8000 metres 2:05 pm

Senior Men 15000 metres 2:50 pm

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

Teams in All age-groups are first 4 runners to score (except Senior Men which is 6 to score).

Club kit must be worn. Bring plenty of warm clothing, a change of shoes and socks, and a packed lunch. Chip timing will be used for this race. Failure to return your chip will be subject to a £7.00 penalty charge.

Parking is very difficult at Parliament Hill, so we will be organising a group travelling by train from Bromley South station for those who do not wish to drive. It will be necessary to purchase a one day travel card to cover this journey cost for Under 16s is £3.40. Please advise us if you are travelling as part of the party. We will be meeting at **08.25** at Bromley South **Station** and travelling by Over ground to Kentish Town station (changing at Herne Hill) which is a 10-15 min walk from the course. Journey time 70 minutes.

If you are making your own way head for the running track at Parliament Hill and then look for the club tent. If you have any queries please contact one of us.

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

 **NEXT FIXTURES**

 The next club fixture is the National Cross-Country at **Nottingham on Saturday 22nd February** for those who have already been entered. Further details of transport and accommodation published shortly.