South of England Cross-Country Relays, Saturday 18th October 2014

 Linford Christie Stadium, Du Cane Road Wormwood Scrubs, London W12 0DF

**Pleas let me know ASAP if you would like to run in the South of England Cross-Country Relays.**

 TIMETABLE

11.00 Under 17 Women & U20 Women 2500m

11.40 Under 20 Men 3000m

12.10 Under 17 Men 3000m

12.35 Under 13 Girls 2000m

13.00 Under 13 Boys 2000m

13.25 Under 15 Girls 2000m

13.50 Under 15 Boys 2000m

This is a new fixture that we have not competed in before. Each age-group consists of teams of three each running the same lap.

Please ensure you arrive at least an hour before your race so teams can be declared.

Directions

If travelling by car there is parking at the stadium, which is situated behind Hammersmith Hospital. Alternatively take the overground train to London Victoria and then change to the District Line and travel to East Acton station which is a ten to fifteen minute walk from the stadium.

If there is a demand we will organise two groups travelling from Bromley South by train one to arrive by 9.30 the other to arrive by 10.15am.

More details to follow

Paul Austridge 07710-094846 (boys).