

# Cross Country/Road Races Winter 2019/20

## Fixture List

Beagles compete in a number of Cross Country and Road Racing fixtures starting in September 2019 and finishing in April 2020. These are shown in our Fixtures list.

These competitions are a mixture of individual races and relays. In the individual races all competitors in an age group race together and there are team scores as well as individual rankings. In the relays team members run in sequence and the team result depends on where the team finishes at the end of the race.

## Schools

For school age athletes there are a number of school events. But these are not organised by the club and you should speak to your PE teachers to find out about these.

## Beagles Managers

Races that the club organises teams for are across all age groups from U11 to Seniors and Female and Male. Currently the only team with team managers is the Senior Men which is managed **by Tony Shiret** and **Wayne Bell**. Tony will enter runners from any age group/gender in events on the fixture list and a team manager will attend all Beagles' fixtures. But we currently need managers for the Senior Women's, and Age Group (not senior) teams for both Male and Female.

## What to do if you want to run

Individual runners or their coaches can contact Tony on [tshiretbeagles@gmail.com](mailto:tshiretbeagles@gmail.com) if they want to run at one of our meetings. This applies to relays as well as individual events. Please note that entries for most of our events need to be made in advance. There is a list of entry dates for our fixtures at the end here.

## Met League

The Main Cross Country Competition we enter is the Metropolitan Cross Country League, known as the Met League. The Met League is for North London clubs and is generally well attended (over 400 runners in the Senior Men's race). The Met League has a new website [www.metleague.run](http://www.metleague.run) which contains details.

The most important details are as follows:

Matches

### Met League Fixtures 2019/20

<u>Venue</u>	<u>Date</u>	<u>Post Code</u>
Claybury	12 October 2019	IG8 8AA (Changing)
Welwyn Garden City	09 November 2019	AL8 6DF
Hillingdon	07 December 2019	UB8 1ES
Alexandra Palace	11 January 2020	N22 7AY
Trent Park	08 February 2020	EN4 0JY (adjacent café)

### Timetable

**Please note longer distances this year** for U11 Boys and Girls (2km v 1.5Km) and U20/Sen/Vet Women (8Km v 6Km)

### Met League Timetable 2019/20

<u>Start</u>	<u>Distance</u>	<u>Age Group</u>	<u>M/F</u>
12.25	Up to 2Km	U11	M
12.30	Up to 2Km	U11	F
12.40	3Km	U13	M
12.45	3Km	U13	F
Not before 13.00	4Km	U15 + U17	M
Not before 13.00	4Km	U15 + U17	F
Not before 13.30	8Km	U20 + Senior + Vet	F
Not before 14.35	8Km	U20 + Senior + Vet	M

Age Groups (these apply to all the exist our Winter fixtures not just Met League)

### Age Groups

<u>Age on 31st Aug 2019</u>	<u>Age Group</u>	
10 or younger	U11	Must be at least 9 years old day of race
11 or 12	U13	
13 or 14	U15	
15 or 16	U17	
17, 18 or 19	U20	

### Other events

If you or your coach wants you to run in any of the Championship events please note the dates of the events and the closing dates for entries below. You must let us know ([tshiretbeagles@gmail.com](mailto:tshiretbeagles@gmail.com)) at least one day before the closing date for entries.

## Championships

<u>Event</u>	<u>Date</u>	<u>Venue</u>	<u>Entries close</u>
SEAA Cross Country Relays	19 October 2019	Wormwood Scrubs	04 October 2019
National Cross Country Relays	02 November 2019	Mansfield	11 October 2019
SEAA Cross Country Champs	25 January 2020	Parliament Hill	20 December 2019
National Cross Country Champs	22 February 2020	Nottingham	TBC

We can also enter athletes for the Essex County Championships – details on [www.essexroadrunning.org.uk](http://www.essexroadrunning.org.uk)

There are further Road Relays in the Spring which will be added later.

## What Happens on the Day?

On the day of the competition you can either travel to the venue direct or the club will provide transport if we have enough competitors. Travel directions to the Met League venues can be found on the Met League website. We will post details of club transport on our website and social media.

You should try to arrive at least an hour before your race start time. This will allow you to walk from the car park, find the club area, get your competition numbers, walk around the course so you know what to expect in the race and warm up properly.

The courses are nearly always muddy and you should run in spikes. Normally 12mm spikes are the right length but if it has been raining a lot 15mm will be best if the ground is very soft.

You should run in club vests and shorts. If it is very cold you should consider a base layer and running tights. But in reasonably normal temperatures these may make you too hot. Have warm dry kit to change into after the race.

Always bring a black waste sack with you to put your trainers and tracksuit into before you run – this can then be used to put muddy shoes into after the race. Always clean your spikes after the race – get rid of most of the mud before you put them away. Always leave enough time to do a cool-down after your race.

Most of the courses have very basic facilities – mostly no changing and no toilets. So come changed and bring a roll of toilet paper with you in case you need to use it.

Cross country is run on uneven ground and athletes should be more careful when they run than on a track. You should always tell the team manager if you are feeling unwell and if you have a medical condition please discuss with your coach whether this is the right thing for you.