

Horwich RMI Harriers & AC Cross Country 2019-2020



Juniors - Here we go again..... Its Cross Country Time

The Cross Country season – the mud, rain, wind.... All the things we love.
So what's you plan this year? Let's get organised as individuals and as a club

The **juniors are once again going to focus on the Red Rose League**. They're all local and all done by Christmas. You need to do three of the four races to qualify for consideration for a series prize. It's competitive and there are always lots of other local runners to compete against. Complete the form and either post to Peter Ramsdale (address below) or bring to training and hand on to your coach. **It's now not possible to enter on the day, so fill a form in and get sorted NOW.** **So to the Ladies** – We are hoping this year to encourage more ladies to sign up to the Red Rose League. We can do well in this league and more numbers will encourage greater support and hopefully silverware.

The club will also affiliate to the South East Lancs and that gives you an additional 4 races should you feel that this is appropriate. Speak to your coach and take their advice. It's up to individuals, teams of athletes within age groups and parents who need to co-ordinate their and their child/children winter race programme.

Red Rose

12th Oct Sports Village, Leigh
26th Oct Leverhulme Park, Bolton
9th Nov Centre Vale Park, Todmorden
30th Nov Marl Pits Leisure Centre, Rossendale

South East Lancs

19th Oct Heaton Park, Mcr
23rd Nov Heaton Park, Mcr
18th Jan Tandle Hill, Oldham
15th Feb Yarrow Valley Park, Chorley

Fees	Red Rose	£6 for all 4 races (NO entries on the day)
	SEL	£5 for all 4 races (pre first race), £6 on the day for all 4 races

** The Northern Cross Country Championships this time is at Blackburn this year on 27th January. This race is included in the club championship**

The National Championships (Woolerton Park, Nottingham 22nd Feb '20). These are £7 per race and must be entered by mid-December. Ask for further details if interested.

Many thanks - Peter Ramsdale Cross Country Captain

Please enter me for Red Rose SEL
£6 £5

I enclose to cover my race fees

Name _____ DOB ____/____/____ Age _____
(on 01/09/2019)

Contact Telephone number _____

Return with monies to either your coach or Peter Ramsdale, 142 Greenbarn Way, Blackrod, Bolton. BL6 5TF or ring on 01204 468373 or 07821883610 or email p.ramsdale@sky.com

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Cross Country Leagues start Times and Approx Distances

Red Rose Cross Country

Under 11 Boys:	12.15pm	2km
Under 11 Girls:	12.30pm	2km
Under 13 Boys:	12.45pm	2.5km
Under 13 Girls:	1.00pm	2.5km
Under 15 Boys & Girls:	1.15pm	4km
Under 17 Boys & Girls, Junior, Senior, Vet. Ladies:	1.35pm	5km
Junior, Senior, & Veteran Men:	2.15pm	10km

South East Lancs Cross Country ** (New Start Times please note) **

U11 Boys / Girls	12.30pm	2k
U13 Boys / Girls	12.45pm	3k
U15 Boys / Girls	1.00pm	4k
U17 Youths / Inters	1.20pm	5k
Senior Ladies	1.40pm	5k
Senior Men	2.20pm	10k

Additional Info

The club tent will be at as many of these races as possible but the following instructions/pointers/reminders are here to help you enjoy the day.

- Arrive early enough to park up, walk to the tent area, walk the course and warm up. (Approx - You will need 60 minutes from parking your car to start time)
- Come in warm clothes and as a minimum bring another set if these get wet and/or dirty. You should have footwear that will get wet on the walk around, enough changes of socks and leggings/tracksters allowing you to warm up and then change to race. A change of footwear after is also important
- It's a good idea to have a warm drink and maybe a bite to eat for after, but its so important that you are able to keep warm after running.
- Put at least one carrier bag in your kit bag for wet and dirty stuff.
- Think about gloves and a hat. You may not run in them but they are really useful after

Under 11 need not be registered with England Athletics but all others age groups must be paid up members of Horwich RMI Harriers & AC