

Gloucestershire A.A.A. Cross Country League

Details of each race & results will be available on the league web site
<https://www.athletics4u.co.uk/cross-country/>
You can also enter on the day for about £2.

Under 11s run about a mile/ Under 13s 2 miles, the distance increases for each age group. These races are for aged 8 to veteran.

Notes

- Refreshments are usually available. (You may want to take drinks).
- It is helpful to wear spikes (if you have them), if not wear trainers.
- Wear shorts and a WAC vest if you have one (sold by Joan on Tues. & Thurs. evenings).
- Have warm clothes to change into after your race and a change of footwear.
- **Arrive about an hour before your race. In time to register, find the start & warm up.**
- If you complete at least 3 runs you will get a league score and the best 3 in each age group, over the season, win medals. Similarly, you have the chance of team medals if you have at least 3 runners in 3 of the races.

Oct 15th 2016 Bourton RR at Little Rissington

Nov 5th 2016 Gloucester AC

Dec 17th 2016 Dursley RC at Wotton Under Edge

Feb 18th 2017 Cheltenham and County H at Pittville Park

Usually starts with U11 races just before or after midday and the men's race starting at around 14:30.

For more info please see:

<https://www.athletics4u.co.uk/cross-country.>