

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 14th 2017 Blackbridge

Nov 4th 2017 Malmesbury

Dec 10th 2017 Wotton Under Edge

Feb 17th 2018 Cheltenham

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/>.