

**CROSS COUNTRY RACING
INFORMATION SHEET 2018/19**



Birmingham men's league	
Date	Venue / host club
10th Nov 2018	Cheltenham
1st Dec 2018	Warley Woods
12th Jan 2019	Rugby & Northampton AC
9th Feb 2019	Telford AC
Website	birminghamccleague.co.uk

Midlands ladies league	
Date	Venue / host club
10th Nov 2018	Counton Park (Coventry)
1st Dec 2018	Welcombe Hills (Stratford)
12th Jan 2019	Spa Striders
9th Feb 2019	Gloucester AC
Website	www.midlandathletics.org.uk

Championship races		
Warwickshire champ's		
5th January 2019	Rugby	(The Newbold Revel)
www.warwickshirecountyaa.co.uk		
Midlands champ's		
28th January 2019	Newbold Comyn	
www.midlandathletics.org.uk		
National champ's		
23rd Feb 2019	Harewood House (leeds)	
www.englishcrosscountry.co.uk		

Gloucester league	
Date	Venue / host club
13th Oct 2018	Stroud
3rd Nov 2018	Chippenham
9th Dec 2018	Wotton under Edge
17th Feb 2019	Cheltenham
(Runners pay own entry)	
Website	www.athletics4u.co.uk

SUNDAY RACES

Cross Country Relays	
20th October 2018	Aldersley Stadium (Wolverhampton)
www.midlandathletics.org.uk	

Midlands 5+7 mile champ's	
(Runners pay own entry)	
17th November 2018	Bulwell Hall Park (Nottingham)
www.midlandathletics.org.uk	

All races on Saturday afternoon unless otherwise stated

ESSENTIAL CROSS COUNTRY KIT

- Club vest / t-shirt
- Cross country spikes / trail shoes
- Safety Pins
- Duct Tape (silver tape)
- Vaseline

Bin bag / plastic sheet

Dry socks and warm clothes

CAKES

- Mandatory kit for these events
- Spikes will give better grip in muddy conditions
- For attaching race numbers to vest
- Tape shoes on in very muddy conditions
- Prevents chafing in wet/damp conditions
- And, apply some to xc spics before putting into shoes
- Wrap kit bag in it if raining/wet
- And, use to stand on/change on if wet or muddy ground
- Its horrible driving home in cold wet running gear
- Post race re-fuelling and good for team morale

Guide for buying XC spikes

Tend to be a little "tight fitting" so probably best to go 1/2 size bigger (even better to try on for fit first)
Nike are a little flimsy and didn't last long.

ANY FURTHER QUESTIONS - PLEASE ASK

laurapettifer@yahoo.co.uk

stewart.underhill@yahoo.co.uk

waynebriggs@hotmail.com