

English National Cross Country Championships
Weston Park, near Shifnal, Shropshire
Saturday 24th February 2024



Summary

- Friday TAC Travel via bus, stay at Telford hotel
- Saturday Races
- Saturday evening the '17th National Dinner', with awards and entertainment
- Sunday return home

Reservations due immediately (August 2023), with a deposit of £30 per head.

To book places please complete this form –

<https://forms.gle/2Piyn8SPZeUMGto3A>

All payments to be made as follows –

**Tonbridge Athletic Club
Sort Code 20-88-13
Account Number 63083675
Reference National 2024**

Payments can be made in instalments, but please try and limit this to a maximum of 3 payments or notify Mark Hookway otherwise.

The total cost must be paid in full before 10th January 2024, as per the table below.

Description	Competing Athlete	Supporter
Tonbridge AC Bus, Friday & Saturday Hotel Room, Including Breakfast & Saturday Dinner	£170.00	£190.00
No Bus, 2 nights hotel with breakfast & Saturday Dinner	£150.00	£150.00
No Bus, 1 night hotel with breakfast & Saturday Dinner	£90.00	£90.00
Saturday Awards Dinner only	£30.00	£30.00

Note - Tonbridge AC subsidises competing athletes, who travel by club coach.

Contact Mobile Phone Numbers
Mark Hookway 07710197948

The 'National' will be held for the first time in the grounds of Weston Park, located in Shropshire, not far from Telford.

There is a full Tonbridge AC trip planned, with coach travel, hotel, races and the Saturday Awards Dinner all included.

It is hoped that as many of the Tonbridge runners and supporters from the afternoon will attend the dinner, since it is an opportunity to celebrate their efforts and capture some team photographs.

Traditionally we have had around 200 people at the championships.

Details of the trip follow.

Itinerary

Friday 23rd February 2024

Coach pick-up points and times.

Please be early, ready to leave at these times at the latest.

11.00am Tunbridge Wells opposite Skinners' School

11.15 am Tonbridge, by horsetrough at bottom of Quarry Hill, by churchyard at bottom of Brook Street (Judd School's road)

11.30 am Hildenborough, by bus stop, opposite Flying Dutchman pub.

11.45 am Riverhead, Miller and Carter Restaurant.

Tonbridge to the Holiday Inn Ironbridge Telford, TF3 4EH
193 miles from Hildenborough i.e. 4 hours plus stops
8 miles, 20 mins from Weston Park, where the championships are being held.

Hotel

We have booked a single hotel.

Holiday Inn Telford – Ironbridge

Telephone – 01952 527000

Tonbridge AC contact is Kate Jordan

Telephone – 01952 527308

Web site

Web site - <https://www.ihg.com/holidayinn/hotels/gb/en/telford/teluk/hoteldetail>

Facebook - <https://www.facebook.com/HolidayInnTelfordIronbridge>

Directions

Getting to Holiday Inn Ironbridge, Telford

See –

<https://www.ihg.com/holidayinn/hotels/gb/en/telford/teluk/hoteldetail>

Telford Rail Station is a mile away

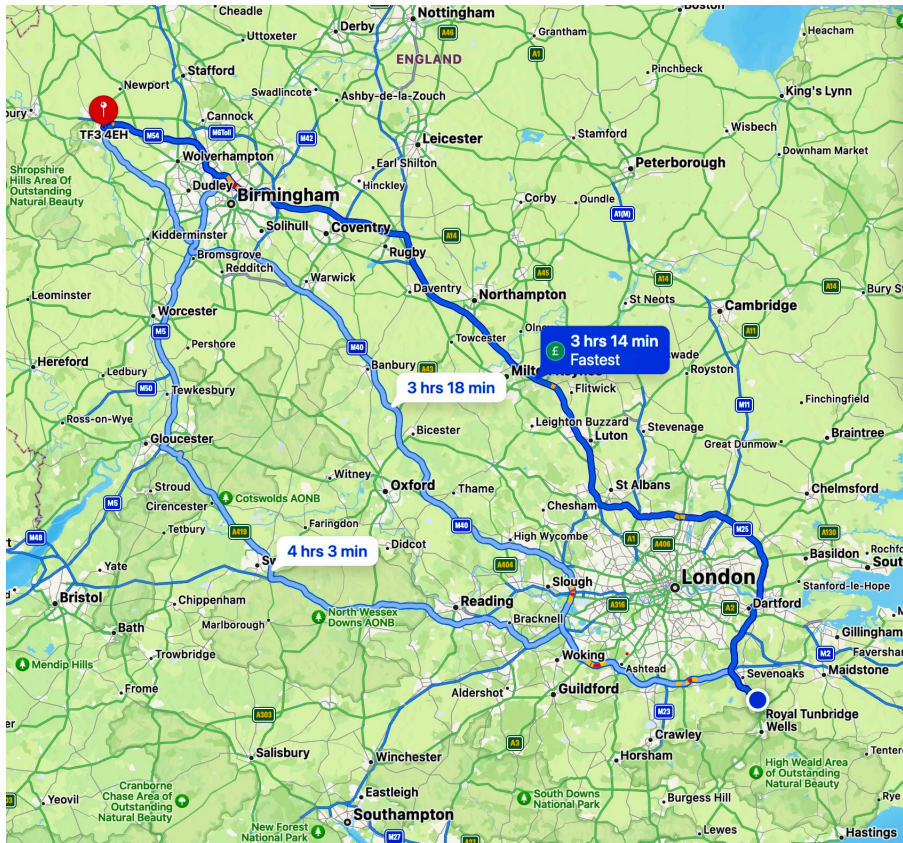
On-Site Parking Available

- There is plenty of free parking on site. A lower parking lot is accessible by ramp. Coach and lorry parking is available but please book ahead of time so we can advise and make arrangements. Call 01952 527000.

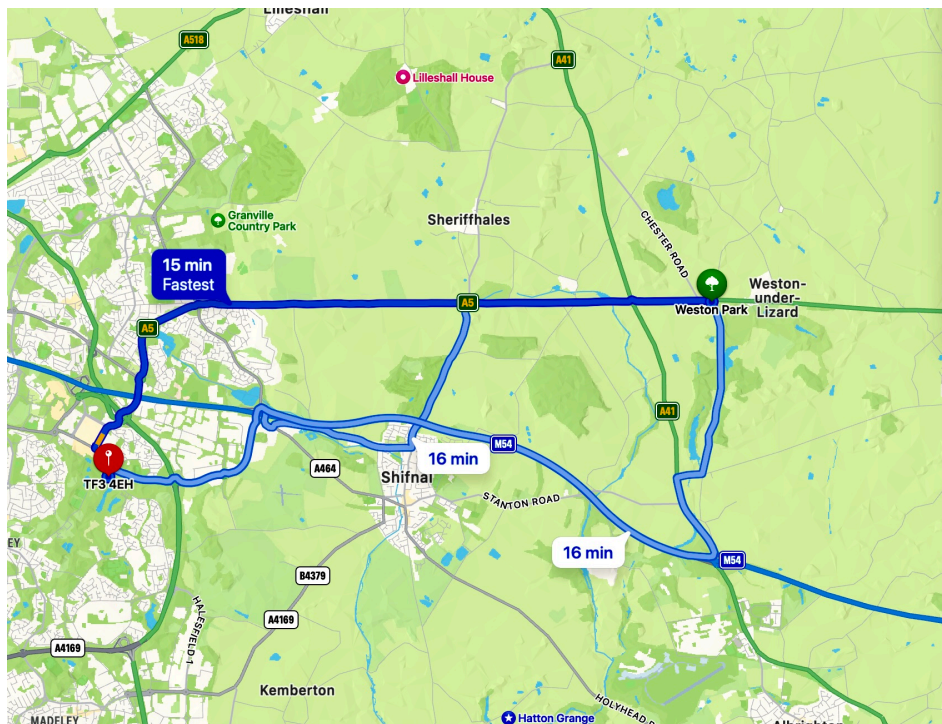
Train Station

- Telford Central
- At the roundabout take the third exit onto the A442. Exit at the next junction, the Randlay roundabout. Take the fourth exit onto Queen Elizabeth Avenue for approximately one quarter mile. Holiday Inn Telford - Ironbridge is on the next roundabout; take the second exit.
- Estimated distance to the hotel: 1.5 MI/ 2.41 KM

Map showing Kent in relation to Telford



Map showing Telford hotel in relation to Weston Park



Saturday 24th February 2023 (Race Day)

Breakfast

Breakfast has been arranged from 6.30am in the hotel breakfast area.

Depart Hotel for Weston Park Castle at 8.30am (load 8.15am)

8.30am Transport teams from hotel at Hoilday Inn Telford to course at Weston Park.
Approximately 8 miles, 20 minutes.

4.30pm Return to hotel from course

Direct Travel to Weston Park

By car

The venue is set in the countryside and will be accessed along the A5.

Note – These details will be updated nearer the day, once information is available from the championship organisers.

By train

The nearest train station to Weston Park appears to be at Shifnal.

Courses

Details awaited.

The National Championships have never been held at Weston Park before.

First Race Start Time 11am

The first race of the day will be at 11am. It is very important that athletes are at the venue approximately 90 minutes before the start of their race, so that there is time to organise numbers, check the course and warm up as a team.

Race times and Distances (to be confirmed, but 2023 shown)

The races are as follows (please note girls are 4 to score).

Start Time	Age	Distance	No. to score for team
11.00 am	Under 17 Women	5,000 metres	4
11.25 am	Under 15 Boys	4,000 metres	4
11.45 am	Under 13 Girls	3,000 metres	4
12.05 pm	Under 17 Men	6,000 metres	4
12.30 pm	Under 13 Boys	3,000 metres	4
12.45 pm	Under 15 Girls	4,000 metres	4
1.05 pm	Under 20 Women	6,000 metres	3
1.35 pm	Senior Women	8,000 metres	4
2.20 pm	Under 20 Junior Men	10,000 metres	4
3.00 pm	Senior Men	12,000 metres	6 (& 9 to score)

n.b. presentations are often due at 2.00pm and 4.00pm, in the main marquee

Other information and requests

- It would be great if as many athletes and supporters wear Tonbridge AC jackets, tracksuits or hooded tops on the day of the race and **particularly at any presentations.**
- If any supporters at presentations are able to take some digital photographs that would be appreciated.

English National Cross Country Championships

The championships have more than 100 years of tradition and are the main club championship of the Winter season.

- All ages, including separate u20s.
- Distances 3km upwards.
- We can run as many as we want in each race
- Teams are 4 to score for a team, in each age group (Senior Men is 6, Under 20 women 3).
- The number of competitors varies depending on venue, but about 300 to 400 athletes in the younger age groups is normal.
- Highest places this century – u13 boys 1st, u15 boys 1st, u17 men 1st, u20 men 1st, senior men 1st, u13 girls 1st, u15 girls 3rd, u17 women 2nd, u20 women 2nd. Senior women 4th

Saturday Night

17th Tonbridge AC National Dinner and Presentation

- The dinner takes place in the Reynolds Suite at The Holiday Inn Telford
- Pre-Dinner drinks are from 6.45pm to 7.20pm in The Reynolds Suite Bar
- Dinner will commence at 7.20 with some awards and photographs (food served around 8.15/30pm)
- Entertainment will be provided
- Room closes at 12 midnight

- Bar payment details to be announced.

Menu for dinner

Main

Roast Breast of Chicken, Fondant Potato, Fresh Vegetables, Pan Jus (Gluten Free)

Steamed Fillet of Haddock, Champ Mash, Fresh Vegetables, Chive Cream (Gluten Free)

Butternut Squash + Pea Risotto, Garlic Ciabatta (Vegetarian, Gluten Adaptable)

Dessert

Sticky Toffee Pudding, Butterscotch Sauce (Gluten Adaptable, Vegan Adaptable)

Dark Chocolate Marquise, Chantilly Cream, Raspberry Coulis

Vanilla Pannacotta, Berry Compote (Vegan Adaptable)

Separate cost for dinner only - £30

Sunday 25th February 2024

Breakfast

Breakfast from 7.00am, in the hotel breakfast room – yet to be agreed.

We will aim to leave the hotel at 9.30am promptly and would expect to be back home around 3pm at the latest.