

English National Cross Country Championships
Harewood House, Yorkshire
Saturday 25th February 2023
Provisional Agenda



Summary

- **Friday TAC Travel via bus, stay at Leeds hotel**
- **Saturday Races**
- **Saturday evening the '16th National Dinner', with awards and entertainment**
- **Sunday return home**

Initial reservations due by 20th August 2022, with a deposit of £30 per head.

To book places please complete this form –

<https://forms.gle/zDgTREGEShKct1L89>

All payments to be made as follows –

Tonbridge Athletic Club
Sort Code 20-88-13
Account Number 63083675
Reference National 2023

Payments can be made in instalments, but please try and limit this to a maximum of 4 payments or notify Mark Hookway otherwise.

The total cost must be paid in full before 10th January 2023, as per the table below.

Description	Competing Athlete	Supporter
Tonbridge AC Bus, Friday & Saturday Hotel Room, Including Breakfast & Saturday Dinner	£195.00	£230.00
No Bus, 2 nights hotel with breakfast & Saturday Dinner (ie at cost = £141+£35)	£176.00	£176.00
No Bus, 1 night hotel with breakfast & Saturday Dinner	£105.50	£105.50
Saturday Awards Dinner only	£35.00	£35.00

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 second time in the grounds of Harewood House, North of Leeds. It was last used in 2019, when TAC won 5 team medals, including winning the u13 girls' and u20 men's championships and finishing 2nd in the senior men's race.

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 24th February 2023

Coach pick-up points and times.

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

11.45am Tunbridge Wells opposite Skinners' School

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

12.15 pm Hildenborough, by bus stop, opposite Flying Dutchman pub.

12.30 pm Riverhead, Miller and Carter Restaurant.

Tonbridge to the Double Tree by Hilton Hotel, Leeds is approximately 245 miles ie 5 hours plus stops.

The hotel is about 10 miles or 25 minutes from Harewood House, where the championships are being held.

Hotel

This year we have booked a single hotel.

Double Tree by Hilton

Granary Wharf

Leeds

LS1 4BR

Telephone – 0113 241 1000

Tonbridge AC contact is Phoebe Tang, Meeting & Events Sales Agent

Web site

Web site - <https://www.hilton.com/en/hotels/lbaccdi-doubletree-leeds-city-centre/>

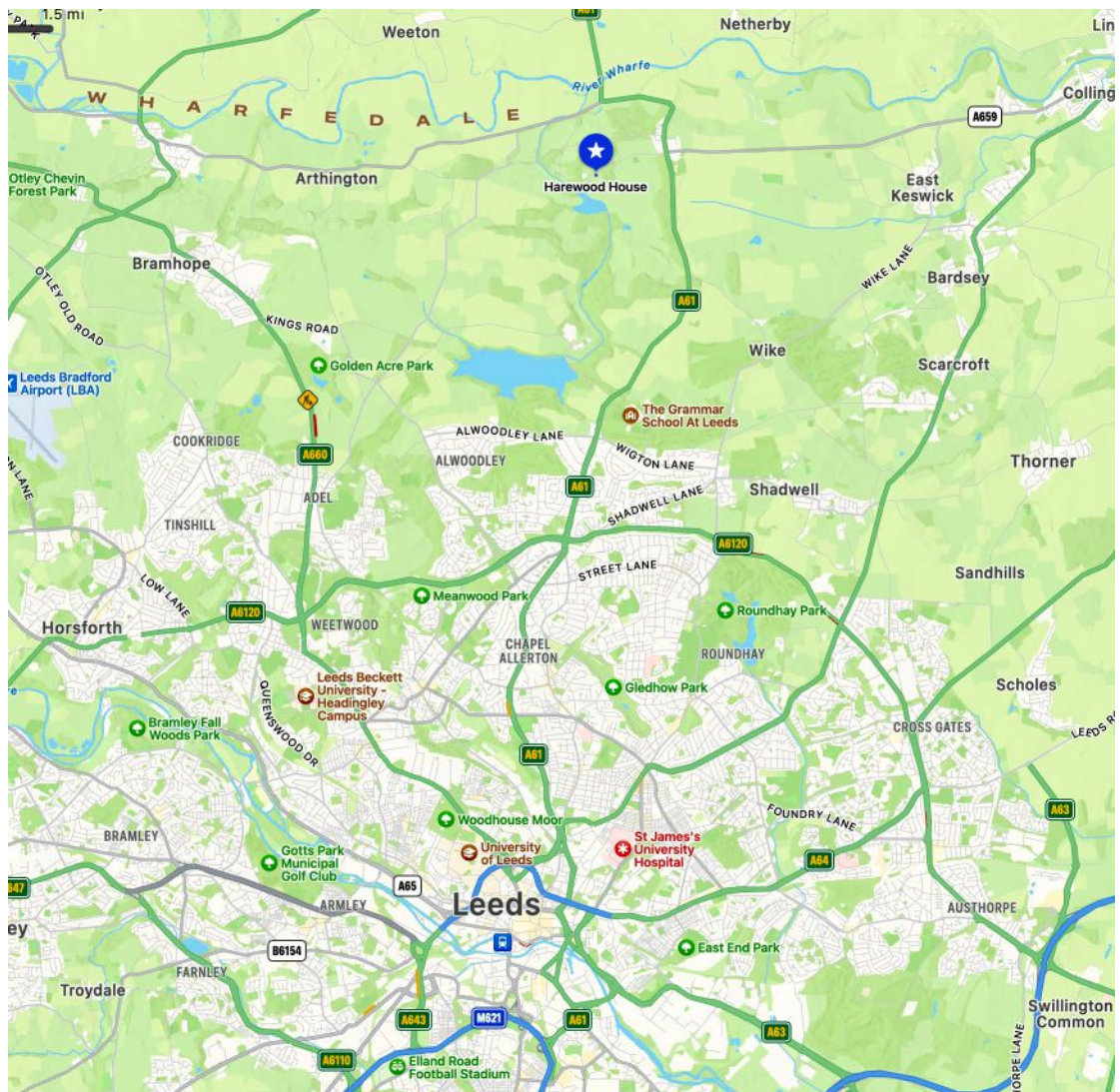
Facebook: <https://www.facebook.com/DoubletreeLeeds>

Directions

Getting to the Double Tree by Hilton Hotel

There is an onsite carpark with 40 spaces, however all spaces are allocated on a first come, first served basis. They charge £10.00 for 8 hours or £19.95 for 24 hours. If the carpark is full there is another one next door that is larger and charges the same rates.

Map showing Leeds in relation to Harewood House



Saturday 25th February 2023 (Race Day)

Breakfast

Breakfast has been arranged from 7.00am

Depart Hotel For Harewood House at 8.30am (load 8.15am)

8.30am Transport teams from hotel at Double Tree Hilton Hotel, Leeds to course at Harewood House, North of Leeds. Approximately 10 miles, 25 minutes.

4.30pm Return to hotel from course

Direct Travel to Harewood House

By car

Harewood is centrally placed in Yorkshire at the junction of the A61/A659 on the Leeds/Harrogate road.

You may wish to use a route planner – the postcode is LS17 9LG, although Sat Nav users are recommended to try LS17 9LQ as this will bring you straight to the main Archway entrance to Harewood off the A61.

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

By train

The nearest rail stations are Leeds and Harrogate. Taxis and bus connections are available.

Courses

Last held at the venue in 2019. Race videos here –

<https://www.tacdistanterunners.com/english-national-cross-country-championships-yorkshire-saturday-23rd-february-2019.html>

First Race Start Time 11am

(all information provisional at time of writing and based on 2022 championships)

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

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

16th Tonbridge AC National Dinner and Presentation

- The dinner takes place in The Gallery Room
- Pre-Dinner drinks are from 6.45pm to 7.30pm in The Gallery Room Bar
- Dinner will commence at 7.30 with some awards and photographs (food served around 8.15/30pm)
- Entertainment will be provided
- We have an extension until 12.30am

Menu Choices for dinner (all booked in advance)

Starter

Tomato and Basil soup (ve) (gf)

Chicken liver parfait, mango salsa, toasted sourdough

Ham hock terrine, piccalilli, toasted sourdough

Main

Garlic & herb Chicken breast, wild mushrooms, carrot puree, potato fondants red wine sauce (s)

Baked salmon fillet, sauté potatoes, spinach, confit cherry tomato, nut brown butter (f)

Grilled marinated aubergine, white bean puree, grilled onion, tamarind sauce (v) (ve)

Dessert

Apple & blackberry crumble, crème anglaise (v)

Sticky toffee pudding, toffee sauce (v)

Fresh fruit salad, mango sorbet (v) (ve)

Tea & Coffee

Separate cost for dinner only - £35

Sunday 26th February 2023

Breakfast

Breakfast has been arranged from 7.30am, in the Restaurant.

We will aim to leave the hotel at 9.30am promptly and would expect to be back home around 4pm at the latest.