

**Kent Cross Country League**  
**Saturday 13<sup>th</sup> November 2021 at Danson Park, near Bexleyheath**

Meeting at Danson Park, Danson Road, Bexley at least one hour before your race (see below). Please let me know if you need a lift, as this can be arranged.

It is important that I know who is going to race, as I need to register your entry, get numbers etc beforehand. You cannot run unless registered.  
Any problems please phone Mark Hookway on 07710197948.

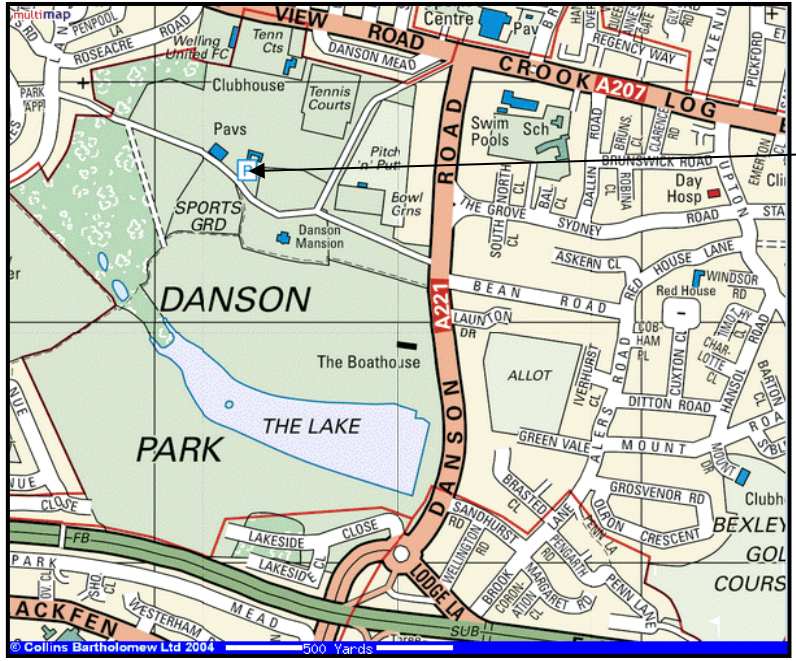
**Directions :**

Danson Park is located adjacent to the A2 heading into London towards the Blackwall Tunnell. Leave the M25 heading towards London on the A2. Pass Beths Grammar School on the left. You should see a golf course across to the right. Take the next exit on the left (probably signposted Blackfen and A221). Go off taking the junctions and roundabout etc to go back under the A2 heading north along Danson Road A221.

**The start of the races is south of the lake, nearer the A2, so please give yourself time to get there.**

<b>Start Time</b>	<b>Age</b>	<b>Distance</b>
12.00 pm	Under 13 Girls	3,000 metres
12.20 pm	Under 13 Boys	3,000 metres
12.40 pm	Under 15 Girls	4,000 metres
1.00 pm	Under 15 Boys	4,000 metres
1.20 pm	Under 17 & 20 Women + W65 women + M70 men	5,000 metres
1.50 pm	Under 17 & 20 Men	5,000 metres
2.10 pm	Senior Women	8,000 metres

The first 3 runners score for the team. **Club Vests must be worn. Please ensure that your race number is handed back in after the race, as this is yours for each league race. 12mm spikes preferable.**



<-A2 from M25