

South of England Cross Country Championships
Beckenham Place Park, South London
Saturday 29th January 2022

Travel arrangements

All athletes and supporters will be expected to travel independently

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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 15 Boys	4,500 metres	4
11.20 am	Under 13 Girls	3,000 metres	4
11.35 am	Under 13 Boys	3,000 metres	4
11.50 am	Under 15 Girls	4,000 metres	4
12.10 pm	Under 17 Men	6,000 metres	4
12.40 pm	Under 20 Women	6,000 metres	4
1.05 pm	Under 17 Women	5,000 metres	4
1.30 pm	Under 20 Men	8,000 metres	4
2.05 pm	Senior Women	8,000 metres	4
2.50 pm	Senior Men	15,000 metres	6

Please remember the following :

- Warm up trainers, spikes to race in and trainers/shoes for the journey, as it could be muddy !
- Warm clothes to change into.
- Club vests have to be worn.