

BROOKS SUSSEX CROSS COUNTRY LEAGUE 2016/2017

Race 1	Saturday	15 th October 2016	Goodwood, opposite Racecourse	PO18 0PS
Race 2	Saturday	12 th November 2016	Lancing Manor Leisure Centre	BN15 0PH
Race 3	Saturday	3 rd December 2016	Stanmer Park, Brighton	BN1 9SE
Race 4	Saturday	11 th February 2017	Hickstead Showground	BN6 9HR

Timetable

12.00	Under 11 boys and Girls (years 5 & 6 only)	2.0 km	(1.2 miles)
12.30	Under 13 Girls	3.0 km	(1.8 miles)
12.45	Under 13 Boys	3.0 km	(1.8 miles)
13.00	Under 15 Girls	4.0 km	(2.5 miles)
13.20	Under 15 Boys	4.5 km	(2.8 miles)
13.40	Under 17 Men	5.0 km	(3.0 miles)
14.20	Under 17, U20, Sen & Vet women	5.0 km	(3.0 miles)
14.50	Under 20, Sen & Vet Men	8.0 km	(5.0 miles)

Change of timetable for the final race on **11th February 2017** to allow for the presentation of awards. **U13 Boys & Girls** and **U15 Boys & Girls** presentations will be at **14.00pm**. As a result, the **U17, U20, Senior and Veteran Womens** race will be at **14.20pm**. Presentations for all **U17 Men & Women, U20, Senior and Veteran Women** will be at **15.30pm**. The **U20, Senior and Veterans Mens Race** will start at **14.50pm** and the Presentations for **U20, Senior and Veteran Men** will aim for **16.00pm** as soon as the officials have the results.

NOTES

1. Entry Fee **£5.00** for Seniors & Veterans. **£4.00** for U13, U15, U17, U20. **£3** for U11
All entries on the day. Race numbers to be collected at reception when making payment.
2. All competitors must be 11 years old or over on the day to run in the Under 13 race.
3. Age groups: as on **31st August 2016**. Veterans as age on the **day of race**.
4. **Under 17 Women – will again this year have their own individual and team category. They will ALSO be able to score in their club's senior team. Under 17 Men must run in the U17 Men's race.**
5. All Junior, Senior, Veteran Women and Men must **declare age groups** when entering, i.e. U20, Senior, V40, V50, V60, V70 for Men, and U17, U20, Senior, V35, V45, V55, V65 for Women
6. For **individual** awards the **best three** results will count from the 4 fixtures. Individual medals will be awarded to the first three in all groups, including all three Veteran categories, male and female.
7. **Team Awards** for all age groups will be based on the aggregate of **all four** races.
All Juniors U13, U15, U17 **three to score**. (no under 11 team race)
Senior Women (includes U17,U20, Veterans) There will be **two** divisions again this season.
Division 1 (four to score) Chichester A, Lewes A, Worthing & District A, Brighton & Hove A, Hailsham and Arena 80 plus Brighton Phoenix and Chichester B promoted from Division 2.
Division 2 (three to score) all other teams including other B and C teams.
Womens Veteran League Three to score. Veterans can score in Senior **and** veterans teams.
Senior Men. There will be **three** divisions again this season.
Division 1 (six to score) – Brighton & H A, Lewes A, Crawley A, Brighton Phoenix A, Haywards Heath and Arena 80 plus Worthing Harriers and Brighton & Hove B promoted from Division 2.
Division 2 (four to score) Chichester A, Lewes B, Burgess Hill A, Hastings A, Horsham BS / Horsham Joggers and Crawley B plus Worthing Striders and Haywards Heath B promoted from Division 3.
Division 3 (four to score) all other teams including other 'B' and 'C' teams.
Mens Veteran League. Teams will be three to score. Veterans can score in Senior **and** Veteran teams.
8. Composite teams will be allowed. They will need to notify the league organiser before the first race.
9. Club colours must be worn by all competitors.
10. 2nd claim athletes may run and score both as individuals and in team events.
11. Athletes with disabilities who wish to enter any of the league races should contact the league organiser beforehand to discuss the suitability of the course(s) for their disability
12. Incomplete teams – the position of the last runner in each race + 10 points will be added.
RESULTS: Results will be available on the Sussex County athletics website after each race. Anyone wanting a paper copy should leave a sae for each race indicating age groups they require (A5 is best)