



Provisional Cross Country Fixtures 2023/24

Date	Venue	League
Sat 30/09/2023	RR Fixture 1 Central Park Todmorden.	Red Rose
Sat 07/10/2023	SEL Fixture 1 Heaton Park - Horwich RMI	South East Lancs
Sat 14/10/2023	MLL Fixture 1 Westmorland Showground, Kendal, LA7 7NH	Mid Lancs
Sat 21/10/2023	SEL Fixture 2 Heaton Park - Middleton	South East Lancs
Sat 21/10/2023	Northern Athletics Cross Country Relays 2023 - Sheffield	Northerns
Sat 28/10/2023	RR Fixture 2 Leverhulme Park Bolton	Red Rose
Sat 18/11/2023	SEL Fixture 3 Tandle Hill or Heaton Park - Oldham & Royton	South East Lancs
Sat 25/11/2023	MLL Fixture 2 Cross Challenge Sefton Park Liverpool	Mid Lancs
Sat 25/11/2023	RR Fixture 3 Cross Challenge Sefton Park Liverpool	Red Rose
Sat 02/12/2023	RR Fixture 4 Marl Pits Rossendale	Red Rose
Sat 09/12/2023	MLL Fixture 3 Ryelands Park, Lancaster	Mid Lancs
9 or 16/12/2023	SEL Fixture TBC in case of any cancellations	South East Lancs
??/12/2023	Greater Manchester County Champs - Date & Venue TBC	County Champs
Sat 06/01/2024	Lancashire County Champs - Blackburn Witton Park	County Champs
Sat 13/01/2024	MLL Fixture 4 Lawson's Ground, Blackpool	Mid Lancs
Sat 20/01/2024	SEL Fixture 4 Heaton Park - East Cheshire	South East Lancs
??/01/2024	Northern Athletics Cross Country Championships - TBC	Northerns
Sat 10/02/2024	MLL Fixture 5 Towneley Park, Burnley	Mid Lancs
Sat 17/02/2024	SEL Fixture TBC in case of any cancellations	South East Lancs
Sat ??/03/2024	MLL Possible add'l fixture or in case of any cancellations	Mid Lancs

Cross Country season is fast approaching and we need to enter our teams very soon. I would ask you to complete the form (link below) and send your payments via BACs before midnight on **FRIDAY 15th September**. The Club will again cover the cost of entry into the Mid Lancs League races for anyone who would like to take part in that league. CAAT will also cover the cost for any juniors up to and including U20 for the Red Rose races, adults and veterans are asked to cover the £9 entry fee themselves, (this covers all three standard fixtures, but excludes the Cross Challenge) and is remarkably good value at £3 per race if paid in advance.

This year, as last, both Mid Lancs & Red Rose will use the Cross Challenge race in Liverpool, as part of their series and an additional £3 is payable for your chip timer and race number for this race, see FAQ's for more details.

Please keep an eye on our CAAT Facebook page as all details and changes or cancellations will be posted there. Any queries please contact Cross Country Team Manager Colette Weston via Facebook messenger or email ColetteCAAT@gmail.com but please check the frequently asked questions section in this document first.

Fill in the Cross Country entry form here <https://forms.gle/QqzvoirhC1YjHye9>

- Please note club vests **MUST** be worn by all athletes over 11 years (no Club T-shirts are allowed).
- Correct numbers for each league must be displayed on the front of the club vest.
- Please arrive early for your race start.
- All runners register with CAAT Team Manager to collect your numbers.
- Don't forget your safety pins, you will need four.
- Keep your number safe as you keep the same one for each series of league events.
- Appropriate footwear to be worn.
- See frequently asked questions on the next pages for more information...

Useful Links

<https://redrosecrosscountry.co.uk/>

<http://www.midlancs.org.uk/XC/xcframe.htm>

<https://selcc.co.uk/>

<http://www.lancsaa.co.uk/index.html>

<https://www.northernathletics.co.uk/events/>

<https://gmaa.org.uk/crosscountry/>

FAQS

Q. Can I wear a Club T-Shirt instead of a Club Vest?

A. It is a rule for English Athletics, that athletes must wear an approved Club vest. If you are over 11 years of age, you MUST wear a Club vest. You can of course wear it over the top of a base layer, but a club vest must be worn or you risk being disqualified. Vests can be purchased from the club.

Q. What age group am I?

A. For the competition year starting in 2023 the Cross Country Age Groups are as follows:

U11 Boys & Girls (School Year 5 and 6)

Age 9 or 10 on 31st August prior to the commencement of the competition year

U13 Boys & Girls (School Year 7 and 8)

Age 11 or 12 on 31st August prior to the commencement of the competition year

U15 Boys & Girls (School Year 9 and 10)

Age 13 or 14 on 31st August prior to commencement of the Competition Year

U17 Men & Women (School Year 11 and 12)

Age 15 or 16 on 31st August prior to commencement of the Competition Year

U20 Men & Women

Age 17, 18 or 19 on 31st August prior to the commencement of the Competition Year

Senior Men & Women

Must be aged at least 20 on 31st August prior to the commencement of the Competition Year.

Q. Do I have to wear spikes?

A. Each of the courses can have very different conditions, prior to each race the cross country manager will attempt to post an update as to what the likely conditions will be. Spiked running shoes may be recommended for some courses if it is very muddy/slippy, otherwise trail shoes should suffice. Road trainers are almost never suitable due to grassy, wet, muddy, snowy or icy conditions and a lack of grip for these types of shoes. Football boots are not really suitable for running cross country in.

Q. What if I lose my number?

A. Each of the leagues has different rules, so please speak to the cross country manager who can advise you. You may have to buy a new replacement number, for example in the Red Rose League replacement numbers cost £5, and no hand written numbers are allowed. You cannot use someone else's number, each number is specific to an athlete and for health & safety reasons it is important to make sure everyone runs in the correct number. If you lose a number, and then find it again after a replacement has been given, you must continue to use the new number. Ideally make sure you don't lose your number!

Q. How far is my race?

A. This is dependent on the age group of the runner. It will also vary slightly depending on which league you are racing in. It can also vary slightly within each league, depending on the venue of the course and its difficulty. All the details of the courses can be found on the websites of the various leagues which are given in this document.

Q. Is cross country an individual or team sport?

A. BOTH! In all of the leagues you have the opportunity to race for individual trophies and medals across the season of fixtures. Individually you will have to complete a minimum number of races to be eligible for the prizes. Check the websites for the league you are running in to see how many you need to complete to be eligible. As a club we also race as a team so it is really important to come to as many of the league fixtures as you can. We had a great year last year with a large number of team trophies and medals across all the age groups, this can only be achieved if athletes consistently run across as many of the league fixtures as possible.

Q. Do I have to run every race (in all three leagues)?

A. There is no expectation of running every race. Some athletes choose to concentrate on just one league or maybe two, few do all three. For beginners The South East Lancs League is a good introduction to racing. For more experienced athletes Red Rose and Mid Lancs provide good competition. The Northern Athletics matches are for more experienced Athletes. County Championships give athletes of all abilities an opportunity to see how they compare to athletes within the county and can also give an opportunity to gain county colours and represent the county at Inter-County matches. Also see previous Q&A on teams.

Q. What is the Cross Challenge & why do we have to pay extra for this?

A. The British Athletics Cross Challenge is a five event series which spans the UK and sees some of the best cross country runners in the UK compete for a place in the Great Britain and Northern Ireland team for the European Cross Country Championships. Sefton Park in Liverpool is our local venue and forms part of both the Mid Lancs and Red Rose League race series. Whilst it may seem a little daunting it is an amazing opportunity to run at a national event that incorporates two of our local leagues. If you do this race you will get a result for the Cross Challenge, Mid Lancs and Red Rose Leagues and have an opportunity to watch some of the best athletes in the country. Last year our own Jacob Deacon secured his spot to run for Great Britain in Turin. The small extra payment of £3.00 is to cover the cost of the chip timing system & a separate number that is used for this race only.

Q. It's bad weather, will the fixture be cancelled?

A. Cross country fixtures regularly take place in heavy rain, strong winds, hail, snow or a combination of all of those, not forgetting mud which is an integral part of cross country racing. If a fixture is cancelled for some reason, the cross country manager will attempt to post a message on Facebook as soon as we are notified. If it is VERY bad weather, do also check the relevant league website and their Facebook pages if they have one.

Q. How can I find out details of the fixture venues and the course map?

A. Please check the relevant league website. The cross country manager does try to post this information on Facebook ahead of the race, but feel free to check the websites yourself.

Q. What time is my race?

A. Please check the relevant league website as the times for the races vary from league to league. For the first fixture of the season or if you need to collect your race number leave at least an hour and a half before the race starts to get your number and to warm up. The first race of the season is always busy with lots of people collecting numbers so make sure you have plenty of time. The times of the Cross Challenge are different to both the Red Rose and Mid Lancs league times.