



Provisional Cross Country Fixtures 2024/25

Date	Venue	League
Sat 12th Oct '24	MLL @ Blackburn Joint Mid Lancs/Red Rose Fixture @ Witton Park	Mid Lancs
Sat 12th Oct '24	RR @ Blackburn Joint Mid Lancs/Red Rose Fixture @ Witton Park	Red Rose
Sat 19th Oct '24	SELL @ Heaton Park	South East Lancs
Sat 26th Oct '24	RR @ Towneley Pk	Red Rose
Sat 9th Nov '24	MLL (Possible add'l fixture)	Mid Lancs
Sat 16th Nov '24	SELL @ Heaton Park	South East Lancs
Sat 23rd Nov '24	MLL @ Sefton Park, Liverpool (Cross Challenge)	Mid Lancs
Sat 23rd Nov '24	RR @ Sefton Park, Liverpool (Cross Challenge)	Red Rose
Sat 30th Nov '24	RR @ Rossendale Marl Pits BB4 7SW	Red Rose
Sat 30th Nov '24	SELL @ Marl Pitts Joint Red Rose Fixture	South East Lancs
Sat 11th Jan '25	MLL @ Lawson's Ground, Blackpool	Mid Lancs
Sat 18th Jan '25	SELL @ Heaton Park	South East Lancs
Sat 8th Feb '25	MLL @ Towneley Park, Burnley	Mid Lancs
Sat 15 Feb '25	SELL @ Heaton Park (reserve date)	South East Lancs
Sat 1st Mar '25	MLL @ Beacon Park, Skelmersdale	Mid Lancs
19th Oct '24	Northern Athletics Cross Country Relays 2024 - Sheffield	Northerns
TBC	Greater Manchester County Champs - Date & Venue TBC	County Champs
4th Jan '25 TBC	Lancashire County Champs - Date & Venue TBC	County Champs
25th Jan '25	Northern Athletics Cross Country Championships - TBC	Northerns

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 20th September**. The Club will again cover the cost of entry into the Mid Lancs League races for all club athletes senior and junior who would like to take part in that league. Due to cost constraints the cost of the Red Rose League entry will have to be covered by the athletes both Senior and Junior, as has been the case for the South East League in past years. The cost for the Red Rose League fixtures does however include entry into the Cross Challenge and is still remarkably good value.

This year, as last, both Mid Lancs & Red Rose will use the Cross Challenge race in Liverpool, as part of their series. The entry fee for the Red Rose League this year includes all 4 races, so there will be no additional entry for the Cross Challenge; all athletes who sign up for the Red Rose League will be entered in the cross challenge automatically. However if an athlete is likely to finish on the podium they should enter via the cross challenge in order to receive the Cross Challenge award. If you are only signing up for the Mid Lancs League & not the Red Rose League then an additional £3 is payable for your chip timer and race number for this race should you wish to participate.

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 read the frequently asked questions section in this document before emailing or messaging.

Fill in the Cross Country entry form here [👉 https://forms.gle/ykwQ6yxnJhWed1E19](https://forms.gle/ykwQ6yxnJhWed1E19)

& please read the rest of the document below for important general information.

Important things to 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 October 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 handwritten 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, very few (if any) 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?

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 or Red Rose Leagues if you have signed up for those leagues and have an opportunity to watch some of the best athletes in the country. The entry fee for the Red Rose League this year includes entry into the cross challenge, so there will be no additional entry for this race this year if you sign up for the Red Rose League. All athletes who sign up for the Red Rose League will be entered in the cross challenge automatically. However if an athlete is likely to finish on the podium they should enter via the cross challenge in order to receive the Cross Challenge award. This is only really necessary IF YOU ARE EXPECTING TO COME IN THE TOP THREE. If you are only signing up for the Mid Lancs League then an additional £3 is payable for your chip timer and race number for this race. This 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. How can I find out details of the fixture venues and the course map?

A. Please check the relevant league website (all listed in this document). 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. This season we have a number of combined races where timings will be different, so please do check the relevant league website. The times of the Cross Challenge races are also different to both the Red Rose and Mid Lancs league times.

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, (this is usually when the course is heavily frozen) 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 please take time to check the relevant league website and their Facebook pages if they have one for the latest information before setting off to the fixture.