



Provisional Cross Country Fixtures 2026/27

Date	League	Venue
Sat 10th Oct 2026	Lancashire Rose	Leigh Sports Village
Sat 10th Oct 2026	Mid Lancs	The Crooklands Showground, Kendal, LA7 7NH
Sat 17th Oct 2026	Lancashire Rose	Heaton Park
Sat 14th Nov 2026	Mid Lancs	Provisional date - no further details
Sat 14th Nov 2026	Lancashire Rose	Marl Pitts
Sat 28th Nov 2026	Lancashire Rose	Cross Challenge Sefton Park, Liverpool
Sat 28th Nov 2026	Mid Lancs	Cross Challenge Sefton Park, Liverpool
Sat 16th Jan 2027	Mid Lancs	Lawsons Ground, Blackpool
Sat 13th Feb 2027	Mid Lancs	Provisional date - (possibly Hyndburn) no further details at this time
Sat 6th Mar 2027	Mid Lancs	Towneley Park Burnley
Sat 17th Oct 2026	Northerns	Northern Athletics Cross Country Relays 2026 - Graves Park Sheffield
?? Dec 2026 TBC	County Champs	Greater Manchester County Champs - Date & Venue TBC
?? Dec 2026 TBC	County Champs	Lancashire County Champs - Date & Venue TBC
Sat 23rd Jan 2027	Northerns	Northern Athletics Cross Country Champs - Witton Park, Blackburn

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 **SUNDAY 27th SEPTEMBER**. The Club will 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. This year to support the formation of the new Lancashire Rose League (from from the previous Red Rose and South East Lancs Leagues) the Club will also cover the cost of entry into the new Lancashire Rose League races for all club athletes senior and junior who would like to take part in that league. This is at a cost to the club of £18 per athlete so please only sign up if you will be able to make at least some of the races, as I do not want to waste club funds.

This year, as last, both Mid Lancs & Lancashire Rose will use the Cross Challenge race in Liverpool, as part of their series. If you are racing in the Mid Lancs or Lancashire Rose Leagues and intend to use the Liverpool race as one of your races you will need to ensure that you also pay for your £4 entry for the Cross Challenge. Please remember that if an athlete is likely to finish on the podium they should enter via the cross challenge website in order to receive the Cross Challenge podium awards. If you are signing up for the Mid Lancs League or the Lancashire Rose League then an additional £4 is payable for your chip timer and race number for this race.

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 below before emailing or messaging.

Fill in the Cross Country entry form here <https://forms.gle/dFpkn6qMJniycj5h7>

& 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 must register with the 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

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

Lancashire Rose Website details TBC

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

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

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

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 website.

Q. What age group am I?

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

School Year *	Ages in 2026-2027	Dates of Birth	2026-2027
Year 3	7 - 8 Years	September 2018 – August 2019	U10
Year 4	8 - 9 Years	September 2017 – August 2018	U10
Year 5	9 - 10 Years	September 2016 – August 2017	U12
Year 6	10 - 11 Years	September 2015 – August 2016	U12
Year 7	11 - 12 Years	September 2014 – August 2015	U14
Year 8	12 - 13 Years	September 2013 – August 2014	U14
Year 9	13 - 14 Years	September 2012 – August 2013	U16
Year 10	14 - 15 Years	September 2011 – August 2012	U16
Year 11	15 - 16 Years	September 2010 – August 2011	U18
Year 12	16 - 17 Years	September 2009 – August 2010	U18
Year 13	17 - 18 Years	September 2008 – August 2009	U20
Year 14	18 - 19 Years	September 2007 – August 2008	U20

* Although aligned to School Years with a cut-off date of 31 August, the UKA age category is determined by the athlete's date of birth, therefore an athlete who is in a different school year group to their peers will compete according to their date of birth and not their School Year group.

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/slippery, 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 Lancashire 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. Suggested distances are as follows

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 both leagues)?

A. There is no expectation of running every race. Some athletes choose to concentrate on just one league or maybe two. This year as it is the first season of the Lancashire Rose League I would like to prioritise this league and get as many CAAT names on the trophies at the end of season as possible. 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 Lancashire 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 Lancashire 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 Cross Challenge is £4, last year it was part of the Lancashire Rose entry but this year it is separate. All athletes who sign up for the Mid Lancs or Lancashire Rose League can be entered in the cross challenge by paying the extra £4. However if an athlete is likely to finish on the podium they should enter via the Cross Challenge website so that they will be able to receive any Cross Challenge podium awards. 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 or Lancashire Rose Leagues then an additional £4 is

payable for your chip timer and race number for this race. This small extra payment is to cover the cost of the chip timing system & a separate number that is used for this race only & well worth the money.

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 Lancashire 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.

Q. I still have questions or I am confused...

A. Please feel free to reach out to the Cross Country Manager (Colette Weston) for any additional clarification.