

## BROOKS SUSSEX CROSS COUNTRY LEAGUE 2011/2012

Race 1	Saturday 22 <sup>nd</sup> October 2011	Goodwood, opposite Racecourse	PO19 0PS	
Race 2	Saturday 26 <sup>th</sup> November 2011	Plumpton College	BN7 3AE Race 3	Saturday 14 <sup>th</sup>
January 2012	Bexhill L C, Little Common Road	TN39 4HS Race 4	Saturday 18 <sup>th</sup> February 2012	Lancing Manor
	BN15 0PH			

### Timetable

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)
14.05	Under 17, U20, Sen & Vet women	5.0 km	(3.0 miles)
14.35	Under 20, Sen & Vet Men	8.0 km	(5.0 miles)

**Change of timetable** for the final race on **18<sup>th</sup> February 2012** 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 £3.00 – U20, Senior, Veteran. £2.00 – U13, U15, U17. All entries on the day.
2. All competitors must be 11 years old or over on the day.
3. Age groups: as on **31<sup>st</sup> August 2011**. Veterans as age on the **day of race**.
4. **Under 17 Women will run for their senior teams in the team event.** They will still be eligible for **individual under 17 awards. Under 17 Men run, as in previous years, in the Under 17 Men's race.**
5. All Junior, Senior, Veteran Women and Men must **declare age groups** when entering, i.e. U20, Senior, V40, V50, V60 for Men, and U17, U20, Senior, V35, V45, V55 for Women
6. For **individual** awards the **best three** results will count. 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.  
**Senior Women** (includes U17,U20, Veterans) There will be **two** divisions again this season.  
**Division 1 (four to score)** comprising Brighton & H, Arena 80 A, Crawley, Worthing & District, Horsham BS, Hailsham, plus Burgess Hill and Arena 80 B promoted from Division 2.  
**Division 2 (three to score)** all other teams including other B and C teams.
- \* **New Category for 2011/2012**  
**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, Crawley, Arena 80, Hailsham, Phoenix, Chichester plus Worthing and Hastings promoted from Division 2.  
**Division 2 (four to score)** Lewes, Crawley B, Brighton "B", Steyning, Worthing Striders, Hailsham "B" plus Burgess Hill and Tuff Fitty Tri 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. 2<sup>nd</sup> 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.

12. **RESULTS:** Results will be available on the Sussex County athletics website after each race. Anyone wanting their own copy should leave a sae.for each race indicating age groups they require (A5 is best )

**Any enquires to League Secretary, Philip Baker, The Kemps, The Drive, Chichester, West Sussex PO19 5PP. Tel: 01243 533784. Email: [philbaker5@tiscali.co.uk](mailto:philbaker5@tiscali.co.uk) Please enclose an SAE if requiring maps or directions.**