# HERTFORDSHIRE COUNTY CROSS-COUNTRY CHAMPIONSHIPS 2018

Sunday 6th January 2019 at Verulamium Park, St Albans - first race at 11.00am.

**Race HQ is at the Cafe**

**Numbers** to be collected from the cafe - results will be displayed at the cafe (presentations to be decided on the day, dependent on weather etc)

**Toilets at the track**.

**CAR PARKING - in the designated pay & display car parks in the park. Do not park on the entry roads or you may get a ticket. There is a retail park about 15 minutes walk away.**

Timetable ( with approx distances)

Race 1 11.00 under 11 girls 1500m

Race 2 11.10 under 11 boys 1500m

Race 3 11.20 under 13 girls 3000m

Race 4 11.30 under 13 boys 3000m

**Race 5 11.45** under 15 girls 4500m

Race 5 11.45 under 15 boys 4500m

**Race 6 12.05** under 17 women 6000m

Race 6 12.05 under 20 women 6000m

Race 6 12.05 under 17 men 6000m

Race 7 12.30 under 20 men 8000m

Race 7 12.30 Senior women 8000m

Race 8 1.15 Senior Men 12000m

**Course maps can be found on the Herts website at www.hertscaaa.org.uk**

**Marshals –** if your club is supplying any marshals please ask them to report to the St Albans Striders representative at the finish area at 10.30am

**Presentations** – approximate times

Race 1-4 at 12.15pm, race 5-6 at 1.15pm, race 7 at 2.15pm, race 9 at 3.00pm

**The county team managers are**

**All females Deborah Steer 07947074284 – deborahsteer@ntlworld.com**

**U13B, U15B, U17M James McDonald jamesvmcdonald71@gmail.com**

**U20M & SM - Andrew Cunningham 0208 446 2456 – andrew.cunningham15@btinternet.com**

**The Inter-County Cross-Country Championship is at Prestwold Hall, Loughborough on Saturday 9th March 2019. There are teams for all age-groups except U11.**

Any queries please contact Sally Gandee (01992 582208 or email sally@gandee.org.uk)