



Haywards Heath Harriers

Event factsheet: Cross-country league

What is it?

Four races across the autumn/winter months (Oct-Feb)

Races are 5km long (senior women) and 8km long (senior men)

Junior races (under 11 to under 20) vary from 2km to 5km

The races are run on cross-country terrain. Prepare to get a bit muddy, running shoes with moulded studs or spikes are advised, and don't wear your favourite white socks!

When is it? (2019/20 events)

12 Oct 2019 (Goodwood Racecourse, PO18 OPS), 09 Nov 2019 (Lancing Manor, BN15 OPH),
30 Nov 2019 (Stanmer Park, BN1 9SE), 08 Feb 2020 (Bexhill Leisure Centre, TN29 4HS)

What time is it?

The first junior race typically starts at 12 noon, with the last race (U20, Senior and Veteran men) starting at roughly 14:35

Who is it for?

Everyone! There are races for all ages and everyone can contribute
If you are keen to take part, please give it a go

Why is it good for the club?

The club enters teams in the league across all age categories - the more people that enter means more teams we have in the league (determined by the number of entrants to race 1)
Success in the league reflects well on the club

How does scoring work?

A low score is 'better'

The first finisher in each race scores 1pt, the second finisher scores 2pts, and so on
Points from team members are summed to give an overall team score for each fixture

Why is it good for me?

Cross-country is excellent for improving strength and endurance in running, and can complement training for road, trail or track running – listen out for details of Saturday morning training sessions. It is also motivating to run as part of, and contribute to, the team

How do I enter?

On the day: £5 for Seniors & Veterans / £4 for U13, U15, U17, U20 / £3 for U11

How can I find out more?

Listen out for announcements at training, look out for club emails containing fixture details, check out our Facebook page, ask any committee members or club members