

Cross Country 2021-22

2021/2022 Season Dates

You can contact the Cross Country managers to join the team via kingsheathrc@gmail.com and address to either Dave or Karen

Date	Event	Location	Info	How to join the team
25th Sep 21	Autumn Road Relays	Sutton Park	Men run in teams of 6 (6K legs) Women run in teams of 4 (4.3k legs) Cost to runners is £9.50 each. Men's race starts at 13:15. Women's race starts at 13:25.	Contact Karen Wooff before 1st Sep 21
13th Nov 21	Women's League match 1	TBC	The women's race is approx. 6km and starts at 13:30 you will need to be there no later than 12:15	Contact Karen Wooff or Facebook event https://fb.me/e/Mqlx22ZU
13th Nov 21	Men's League match 1	TBC	The men's race is approx. 10km and starts at 14:30 you will need to be there no later than 13:15	Contact Dave Bagwell
4th Dec 21	Women's League match 2	TBC	The women's race is approx. 6km and starts at 13:30 you will need to be there no later than 12:15	Contact Karen Wooff or Facebook event https://fb.me/e/orvLuzo

4th Dec 21	Men's League match 1	TBC	The men's race is approx. 10km and starts at 14:30 you will need to be there no later than 13:15	Contact Dave Bagwell
15th Jan 22	Women's League match 3	TBC	The women's race is approx. 6km and starts at 13:30 you will need to be there no later than 12:15	Contact Karen Wooff or Facebook event https://fb.me/e/orvLuzo
15th Jan 22	Men's League match 1	TBC	The men's race is approx. 10km and starts at 14:30 you will need to be there no later than 13:15	Contact Dave Bagwell
19th Feb 22	Women's League match 4	TBC	The women's race is approx. 6km and starts at 13:30 you will need to be there no later than 12:15	Contact Karen Wooff or Facebook event https://fb.me/e/1LeGlrNi6
19th Feb 22	Men's League match 1	TBC	The men's race is approx. 10km and starts at 14:30 you will need to be there no later than 13:15	Contact Dave Bagwell
6th March 22	National Cross Country Championships	London	The course is 8km for women and 12km for men	Contact Karen and Dave

? March 22	Spring Road relays	Sutton Park	Men run in teams of 6 (6K legs) Women run in teams of 4 (4.3k legs) Cost to runners is approx £9.50 each. Men's race starts at 13:15. Women's race starts at 13:25.	Contact Karen and Dave
------------	--------------------	-------------	---	------------------------