**Herts Phoenix AC Cross Country season 2016-2017**

The Club has again affiliated to the Start Fitness Metropolitan Cross Country League www.metleague.co.uk and The Sunday Cross Country League www.runherts.com - for full details of these meetings please visit the websites - there are no fees to pay for league races, transport is not provided.

The Metropolitan League has races for

Boys and Girls over 9 and under 11 as at 31st August 2016,

under 13 Boys and Girls

under 15 Boys and Girls with Under 17 Men & Women

under 20, Senior & Veteran Men & Women

Dates for your calendar

Saturday 15th October - Claybury

Saturday 12th November - Stevenage

Saturday 3rd December - Wormwood Scrubs

Saturday 14th January - Trent Park

Saturday 11th February - Alexandra Palace

Younger runners should discuss these races with their coach about travelling time and preparation for the race.

The Sunday Cross Country League is for Senior & Veteran Men and Women

Dates

Sunday 23rd October - Cheshunt

Sunday 13th November - Grovelands, Southgate

Sunday 18th December - to be confirmed

Sunday 15th January - Cassiobury Park, Watford

Sunday 12th February - Therfield Heath, Royston

You just have to turn up and run at these meetings - don't forget warm clothing to wear after your race, drinks and safety pins for your numbers.

Other important dates - Entry Forms will be available nearer these dates and entries will then be submitted by the Club

Saturday 22nd November - Southern Cross Country Relays - Wormwood Scrubs

Saturday 10th December - Southern Masters & Inter-Counties

Sunday 8th January - Herts County Championships - venue to be confirmed

Saturday 28th January - South of England Championships - Parliament Hill Fields, Hampstead

\*\*Saturday 7th February - Herts Schools Championships - Verulamium Park, St Albans

Saturday 25th February - English National Championships - Donnington Park, Leicestershire

\*\*Your school is responsible for submitting entries, so check with your PE Teachers

If you have any questions please email adriannewman41@hotmail.com