

## 2025-2026 Cross Country League

Sat 18th October 2025 | Sat 15th November 2025 | Sat 6th December 2025 | Sat 17th January 2026

Backup date Saturday 7th February 2026

## Dursley Rugby Club, Hounds Green, Dursley, GL11 6AJ

£5 per athlete for the whole league. Payment to be made via your school.

## **Programme:**

10:00	Junior Girls (Years 3&4)	1,000m
10:10	Junior Boys (Years 3&4)	1,000m
10:20	Senior Girls (Years 5&6)	1,600m
10:30	Senior Boys (Years 5&6)	1,600m

Hares and sweepers for all races will be provided by Dursley Running Club Juniors.

For up to date news and info join our private Facebook group:

www.facebook.com/groups/dursleyandwottonxc/

<u>Parking</u> is limited and overspill parking jeopardises the future of the event, so <u>please car-share to help.</u>

Parking from 09:00 at Vale Vets (500m walk to the venue) and then at Dursley Rugby Club. Please follow marshals' instructions and park tightly.

<u>Timing Chips:</u> Race numbers with timing chips will be handed out to each school at the first fixture. Athletes are to use the same number for every race.

**Clothing:** Shoes with good grip are recommended, football/rugby shoes are permitted, as are cross country spikes. Wear clothing appropriate for the weather and conditions (it will get cold and muddy!).

**Spectators:** Spectators are welcome and expected to support and encourage all the athletes. Please stay behind the barriers and observe instructions from the marshals.

Facilities: Toilets and First Aid will be available.

Hot food and drink will be available to buy at the Clubhouse, provided by a private catering company.

<u>Prizes:</u> Prizes will be awarded at the end of the last race of the series, based on each athlete's best three results out of the four races.

Awards for individuals and schools in all categories.

The top finishers from years 5 & 6 will qualify for selection for the county championships and then potentially the national championships.

<u>Training:</u> Practice running at the race venue at DRC's Mindful Mile. 9am every Saturday (except race days!). It's free. Just turn up and run.