

Suffolk Winter Cross Country League

In case you are wondering, this is what it's all about:

A series of six races run between November and March, open to Suffolk running clubs and suitable for all abilities. Each race is approximately 5 miles (8km) over multi-terrain tracks and fields. There is a team competition (in which we join forces with Sudbury Joggers) and an individual competition. Both run for duration of the series. Most of the races will be in the NJ 2017 Grand Prix – see website for details. However, you are very welcome to run just for the challenge and fun of getting wet, muddy and tired!

The fixtures for the 2017-18 season are:

Framlingham	5 November
Woodbridge (Sutton)	3 December
Stowmarket (Haughley Park)	14 January
Bury (Nowton Park)	18 February
Bungay (Fritton Lake)	11 March
Haverhill (tbc)	25 March

The races are held on Sundays and start at 11am. The club pays the £4 entry fee. All you need to do is either turn up at the venue or at the leisure centre for car sharing (time will be advised near the day). If you don't have your own transport don't let that put you off. There are always cars going from the leisure centre and someone is sure to have a spare seat and be happy to give you a lift. Families and friends supporters welcome. There is often a fun run for children – see organising club's website for details.

Like the summer Kevin Henry races, you need to wear a club vest as your top layer (which can be ordered via the website). Trail shoes will make you feel more secure underfoot but are not essential. We usually have the club gazebo/groundsheet combo close to the start/finish to stash clothes etc (a change is advisable). Most venues have hot drinks and a cake stall for those who don't bring their own.

Before the race you need to give your name to whoever is holding the clipboard and tell them which age category you are in (Under 20; Senior 20 – 34; 35- 39; 40 – 44; 45 – 49; 50 – 54 etc). If you have a big or biggish birthday in the winter you stay in the category you were in at the beginning of the series.

At the end of the race keep in finishing order until you have been given a token with your finishing position which you must give to the clipboard holder. The team's result sheet will be given to the organising club to work out the scores.

The team competition works like this:

Points are scored according to finishing position: the first man home gets 300 points, the second 299 and so on. The first woman home gets 150 points, the second 149 etc (it's not that women put in any less effort, just fewer take part though if there's any advance on the 147 who ran at Framlingham the scoring may have to change!)

Individual competition

As well as the team competition there are individual prizes for age category winners. Each age category is scored separately in each race: 1st in age group scores 1 point, 2nd 2 points and so on so the lowest score at the end of the series counts. To qualify you need to run at least 4 of the 6 races; if you do 5 or 6 your best 4 count).

More details and results on:

<http://www.suffolkathletics.org.uk/Temp%20work/crosscountry.htm>

All in all it's a more sociable and relaxed atmosphere than the Kevin Henry races. If you think you might like to give it a go but are unsure about anything please have a word with Brian or Helen at a training night or get in touch by email.

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