



Luton AC: Cross Country (XC) Fixtures 2017/18

Please read the following notes carefully. It is recommended that you print this or save it where you will be able to access it easily through the XC season.

1. Please note the **closing dates** for fixtures

2. **Relays:**

- Relays are great fun and a great opportunity to compete for the club as part of a team
- **Mansfield** is a great event for all age groups from **under 13 upwards**.
- **Alan Daghli** will enter the male relay teams and **Charlene Jacobs** will enter the female relay teams for 2017/2018
- Please let us know if you are available for the Mansfield or any other relays listed below
- Entries for **relays are free**

3. **Other XC events:**

- Please note that you will need to be **registered** with **England Athletics** to compete in most events. This would have been done as part of your club membership and you should have received a card through the post with your EA number. If you are not sure, please let us know so that we can check.
- You can enter most events **online**.
- You will be reimbursed for the entry fee for the **National XC** race.
- If you ran the Chiltern league XC last year you will be registered automatically – if you did not run the Chiltern league XC last year, please let Alan Daghli know asap.
- Events labelled "All age groups" do not include under 11's

4. **Contact information**

- Please contact Alan Daghli if you have any problems or require any other information including online entries, directions and transport.

Email: Alan.Daghli@ntlworld.com
Tel: 01582757887
Mobile: 07906509068

- For female team entries, please contact Charlene Jacobs

Email: charlenejc@gmail.com
Mobile: 07985439559



Events are listed in date order of when they take place:

Event	Location	Date	Closing date
Chiltern League Race 1 All age groups incl. Under 11's www.chilterncl.co.uk	Horspath, Oxford Parking: BMW MINI Plant Oxford, Cowley, Oxford, OX4 6NL	14/Oct/17	N/A
Amphill Trophy Races U11,13,15,17 Sen Men Ladies www.amphilltrophy.org.uk	Parkside Hall, Woburn St, Amphill, MK45 2HX	15/Oct/17	Can enter on the day, but entrance fee is more.
SEAA XC relays All age groups http://www.seaa.org.uk/index.php/events/cross-country	Wormwood scrubs	21/Oct/17	06/Oct/17
BMAF relays 5 x men 3 x ladies http://bmaf.org.uk/fixtures/	Long Eaton	28/Oct/17	15/Oct/17
National XC Relays All age groups x 3 stages except senior men x 4 http://www.englishcrosscountry.co.uk/the-saucony-english-cross-country-relays/info/	Berry Hill Park, Mansfield	04/Nov/17	13/Oct/17
Chiltern League Race 2 (incl. British Cross Challenge) All age groups incl. Under 11's www.chilterncl.co.uk	Teardrop Lakes, Milton Keynes	11/Nov/17	N/A
EAMA Cross Country Inter-Area Challenge http://bmaf.org.uk/fixtures/	Kings Park Athletics Centre, Kings Park Drive, Boscombe, Bournemouth BH7 6JD	25/Nov/17	19/Nov/17
EMAC XC champs www.emac.org.uk	Wickstead Park	(Provisional) 25/Nov/17	TBC
Chiltern League Race 3 www.chilterncl.co.uk	Stopsley common, St Thomas Rd Luton	02/Dec/17	N/A
Southern Masters and Inter Counties All age groups except SM. To apply for selection contact Emma Coombs (Ladies and girls) eakeech441@hotmail.com or Richard Inchley (boys) rinchley@hotmail.com http://www.seaa.org.uk/index.php/events/cross-country	Horspath Track, Oxford	09/Dec/17	25/Nov/17
Bedfordshire County XC Championships 3 to score, 6 for men. 1 st 3 finishers (5 seniors) guaranteed selection for Inter-counties and winners to represent the East of England at the London mini-marathon www.bedfordshireaaa.org.uk	Venue tbc	06/Jan/18	TBC (19/Dec/17)
Hertfordshire County XC Championships	Cassiobury Park, Watford	07/Jan/2018	TBC
Luton Secondary schools XC Champs	Stockwood Park	TBC (Jan)	TBC
Chiltern League Race 4 www.chilterncl.co.uk	Keysoe Equestrian centre MK44 2JP	13/Jan/18	N/A
Southern XC Championships All age groups - Senior 6 to score 4 for all others	Venue tbc	27/Jan/18	16/Dec/17

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http://www.seaa.org.uk/index.php/events/cross-country			
British Students XC Champs www.bucs.org.uk		(TBC) 03/Feb/18	(TBC)
County schools XC Champs. Selection from school champs. www.bedfordshireaaa.org.uk	Amphill Park	07/Feb/18	By selection
Chiltern League Race 5 www.chilterncl.co.uk	Campbell Park, Milton Keynes MK9 4AD	10/Feb/18	N/A
English National Champs All age groups www.englishcrosscountry.co.uk	Parliament Hill	24/Feb/18	13/Jan/18
English Schools XC Champs. www.esaa.net	Venue tbc	TBC (04/Mar/18)	TBC
CAU Inter-Counties XC Championships http://www.ukcau.co.uk/	Prestwold Hall, Loughborough	10/Mar/18	By selection
British Masters XC Champs http://bmaf.org.uk/fixtures/	Grant Park, Victoria Road, Forres, Scotland, IV36 3BT	17/Mar/17	TBC
Hertfordshire County Veterans Championships (with Middlesex) - Sunday 25 March 2018 - Royston	Royston	25/Mar/18	TBC

Abbreviations:

EMAC	Eastern Masters Athletic Club
BMAF	British Masters Athletics Federation
Chiltern CCL	Chiltern Cross Country League
SEAA	South of England Athletic Association
EAMA	England Athletics Masters Association
ESAA	English Schools' Athletic Association
UKCAU	UK Counties Athletic Union
BUCS	British Universities and Colleges Sport



Look forward to welcome you!



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