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Date: 06 February 2012 19:07
To: "Deborah Steer" <deborahsteer@ntlworld.com>
Subject: Next Saturday 11th Feb Last fixture chiltern cross country league

Can't believe we're here already each cross country season goes by faster than the last. Wing is one of the best fixtures with a real challenging course and great school hospitality. So if you can bear one last outing with loads of fresh air and enjoyment we'll be at the venue below. Could you please email me if you haven't competed in a cross country before so that we can allocate you a race number. If you aim to get here 1 hour before your race and look out for the St Albans Flag. Any questions you can email me.

CHILTERN LEAGUE MOB MATCH SATURDAY FEBRUARY 11th 2012

Venue: [The Cottesloe School, Wing](#), near Leighton Buzzard.
Situated on the western edge of Wing, in Church Street.

Parking: At the school. If approaching from Aylesbury on A418 use the entrance off the first island.
If approaching from Leighton Buzzard on A418 use the main entrance in Church Street.

Please park with consideration for other athletes and village residents - share a car if possible.

Public transport: Buses run from Aylesbury, Milton Keynes and Leighton Buzzard, see [Arriva](#) web site for times..

Facilities: Showers and changing for male and female.

Refreshments: Hot and cold food and drinks available *please support*

Declaration forms: With the League Secy still being unwell, Mick Bromilow has volunteered to step in and process the results so that we can do the presentations at this match.

The course: This is a grassland course with several hills. Spikes will be an advantage. The course is usually wet and is likely to be muddy in gateways as usual! However, the course has been modified to reduce the number of times through the difficult mud as much as possible, with the younger age groups in mind. **Please respect the farmer's land and fences etc. this is a valued cross country course which we would like to use again!**

Timetable of events - note that the final three races start at different times to rounds 1 - 4:

11.30 Under 11 girls
11.45 Under 11 boys
12.00 Under 13 girls
12.15 Under 13 boys
12.30 Under 15 girls
12.45 Under 15 boys
13.00 Under 20/17 ladies
13.30 Senior/Junior/Masters Men
14.15 Under 17 Men
14.30 Senior and Masters Women

Presentations for the season will take place soon after the conclusion of the final race.

Please make sure your club is represented.

Due to increased participation there will be awards to the first 3 in the male over 60 category both divisions this year.