

From: [Deborah Steer](#)

Sent: Wednesday, November 30, 2011 7:07 PM

Subject: Cross country

Hi, Important competition information.

Firstly many thanks to all of you who have offered help this Saturday. Hopefully you'll enjoy the experiences!!

This Saturday is our home Chiltern Cross Country league so no excuses about getting there!!

Races start at usual time of 11.30 see website for details www.chilternccl.co.uk

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,
13.15 senior ladies,
13.40 under 17 men,
14.00 senior men.

The Start and finish is just beyond the swings and the course is similar to the Herts X country we had in January. If you haven't run in these races before let me know so we can get a race number ready for you. The great thing about cross country is every runner counts no matter if you are at the back or the very front you are equally important. We are reasonable tea and refreshments at the Sea Cadets hut so please support this if you have time.

The under 15 girls race is a shorter distance than usual at 3km so you will need to use your speed!!

Any questions don't hesitate to contact me

Deborah