



# Running Shorts

News for Blyth Juniors

## Cross Country

Once again the cross country season will soon be upon us. Blyth are in the North East harrier league and there are several races during the year. Most have an U11's race as well (Minimum age 8)

In the Harrier league, Juniors run in two packs, Slow and Fast. If you haven't done one, you are automatically put into Slow pack to start off with and then they can progress to fast pack.

**Important Information; The Club pays for your entry BUT if you lose or forgot your number you will have to pay for a new one (£3.00), plus if you put your name forward and do not do any Harrier League races we will ask for the £2.00 entry fee**

**First fixture is Saturday 1<sup>st</sup> October but runners must be entered before Saturday 4<sup>th</sup> September**

**This seasons Harrier League cross-country races are:-**

**Saturday 1st October 2016 Wrekenton**

**Sunday 9th October 2016 Druridge Bay Country Park, Northumberland**

**Saturday 26th November 2016 Thornley Hall Farm, Peterlee**

**Saturday 7th January 2017 Herrington Park (TBC)**

**Saturday 4th March 2017 Alnwick Gardens, Alnwick**

**Saturday 1st April 2017 Thornley Hall Farm, Peterlee**

**Sherman Cup**

**Saturday 19<sup>th</sup> November Temple Park, South Shields**

Be sure to tell all of your friends about the club and encourage them to come along and join. As a member you are the best advertising that the club has got.

[www.blythrunningclub.org.uk](http://www.blythrunningclub.org.uk)

Times are approximate - please don't take as gospel, but listen out for the whistle calling your race. Make sure you're up there in time to get warmed up and to the start.

12.15 Under 11 Boys & Girls

12.25 app Under 13 Boys

12.35 app Under 13 Girls

12.45 app Under 15 Boys

12.55 app Under 15 Girls

13.05 – 13.10 app \*\*Under 17 & Under 20 Women

13.10 – 13.15 app \*\*Senior & Veteran Women

13.50 – 14.00 app \*\*Under 17 Men

14.15 – 14.25 app \*\*Senior & Veteran Men

Additional cross countries include the NE Championships in December, Northern Championships in January and National Cross Country Champions in March

## Minors Cross Country

Jarrow are organising across country for School Years 4, 5 and 6 on Saturday October 15<sup>th</sup> at Bedewell Park Jarrow

First Race 11:00

The races will include the following;

*Race One Mini Girls	¾ Mile Year 4	*Race Two Mini Boys	1 Mile Year 4
*Race Three Minnow Girls	1 Mile Year 5	*Race Four Minnow Boys	1 ¼ Mile Year 5
*Race Five Minor Girls	1 ¼ Mile Year 6	*Race Six Minor Boys	1 ½ Mile Year 6

A word for our first time runners, parents & carers, it's a good idea to arrive a good 45 mins early to allow plenty of time to warm up and familiarise yourself with the course. Also, cross country can be a cold, blustery and sometimes wet environment so please come prepared with warm coats, hats, gloves and a good pair of boots that you don't mind getting a bit muddy.

**See Keith or Steve if you wish to enter any of the cross country races**