



Cross Country

Saturday 2nd February 2019

DATE & TIME: Saturday 2nd February 2019, starting at 3:00pm sharp. Please meet at the cafe in the park at 2:30pm.

The entrance to Avery Hill Park is through the Archway in Bexley Road and when entering immediately turn right to the car parks.

VENUE: Avery Hill Park, Bexley Road, Eltham, SE9 2BJ.

ORGANISATION: The London Championship is an invitation event run by the West Kent Battalion. Our thanks for their co-operation and hospitality.

RULES:

The run shall be for boys competing as individuals and as members of a Company Team.

Each Company may enter any number of boys formed into any number of Teams of not more than 5 (Min of 3. In case of a tie boys 4 & 5 will decide) named boys, all from the same Company in the following age groups. Boys Open (11-18) and under 14s (11-13). Under 14s may not also complete in open race. Boys may run as individuals.

Boys' competitions - open to boys competing as individuals and as members of a single sex team, all from the same Company (3-5 in a team).

Girls' competitions - open to girls competing as individuals and as members of a single sex team all from the same Company (3-5 in a team).

Junior Boys (11 - 13) - who may not enter the Open Boys event

Open Boys (11 - 18)

Open Girls (11+)

West Kent Companies should ensure that they also check in with their Convener. And that any of their under 14 boys, who are in the simultaneously held West Kent event, understand what is required of them. The course will be approximately 2.5 km. All races will start together. Once round for under-14s and twice round for the Open.

The course will be marked by flags and monitored by marshals, provided by West Kent Battalion.

One point will be awarded to the first boy 'home', two points to the second boy and so on progressively. The Cups will be awarded to the Company Teams whose first 3 boys 'home' score the lowest total number of points. Individual awards will be made to the first boy home in the 2 events and to the members of the winning teams.

GIRLS' RACE: There will also be a separate Girls' Open invitation race for girls groups who regularly work with a Boys' Brigade Company run at the same time and place as the Boys' events.

(Once round the course)

KIT: Please make sure that boys/girls compete in running kit **appropriate to the occasion**. Please avoid jeans and normal clothing.

FINISH: The funnel system will be used and boys/girls **must make sure** that their number is recorded at the narrow end of the funnel.

COMPETITORS' NO'S: These will be allocated to Companies (**yellow for under 14 year old boys and blue for the Open Boys Competition, red for the Girls Open**). They will be issued when you report. The numbers must be pinned top and bottom on front with pins provided. Only those who have entered for the race may take part. Pacemakers or unofficial runners or those not within the prescribed age limits and registered in the race, will mean the disqualification of the team.

Please remember that even if you cannot field a full team you may compete with 3 boys or girls or boys/girls may take part as individuals.

John Monk (07852 351 406)
Athletics Convener

The Boys' Brigade in London
Ewen Hall, Wood Street
Barnet EN5 4BW
tel: 020 8441 4539
e-mail: enquiries@thebbinlondon.org.uk
www.thebbinlondon.org.uk