

# South West Cross-Country Fixtures 2011-2012



## October 2011

Sat 1	Southern XC Relays, Biggleswade
Sat 8	Gloucestershire League, Guiting Power Hampshire League, Winchester
Sun 9	Gwent League, Bridgend Westward League, Redruth
Sat 15	National Senior Road Relays
Sun 16	National Young Athletes Road Relays
Sat 22	Midlands XC Relays, West Bromwich
Sun 30	SWAA Relays, Taunton (tbc) Wessex League (tbc)

## November 2011

Sat 5	National XC Relays, Mansfield Gloucestershire League, Blackbridge
Sun 6	Westward League, Newquay (inc. Cornwall County Championships)
Sat 12	Birmingham League, Leamington ESAA Schools Cup, Regional Round Hampshire League, Chichester
Sun 13	Gwent League, Bath (tbc) Mike Sully/UK Cross Challenge, Bristol
Sat 19	Midlands '7' & '5', Wolverhampton
Sat 26	UK Trials/UK Cross Challenge, Liverpool
Sun 27	Wessex League

## December 2011

Sat 3	Birmingham League Hampshire League, Basingstoke ESAA Schools Cup Final, Warwickshire
Sun 4	Gwent League, Swansea (or Sat., tbc) Westward League, Exeter (inc. Devon County Champs)
Sat 10	Gloucestershire League, Cheltenham Dorset County Junior Championships
Sun 11	Avon, Somerset & Wiltshire County Championships, Bath

## January 2012

Sat 7	Gloucestershire County Championships, Plock Court Hampshire County Championships, New Forest
Sun 8	South West Championships inc. South West Inter-Counties
Sat 14	Birmingham League Hampshire League, Bournemouth (inc. Dorset County Senior Championships, tbc)
Sun 15	UK Cross Challenge, Cardiff Westward League, Bideford
Sun 22	Wessex League
Sat 28	Midlands Championships, Nottingham Southern Championships, Brighton

## February 2012

Sat 4	British Universities & Colleges Championships, Cardiff Gloucestershire League, Tewksbury
Sat 11	Gwent League, Brecon Birmingham League Hampshire League, Salisbury
Sun 12	Westward League, Bovey Tracey
Sat 25	English Cross-Country Championships, Parliament Hill SW Schools Championships (tbc)
Sun 26	Wessex League

## March 2012

Sat 3	Gwent League, Blaise Castle
Sat 10	UK Inter-Counties Championships, Birmingham
Sat 17	English Schools Championships, Ilton
Sun 18	Westward League, Plymouth
Sat 24	Schools International, Scotland
31-1 April	Area 12/6 Stage Road Relays

All events listed are cross-country, except where stated. Please note that dates and venues are subject to change, so you should check availability before booking.

# Cross-Country Leagues in the South West of England

Cross-country events cater for everyone, from 11 (sometimes younger) to over 70. Courses can be described as 'multi-terrain without the concrete', and vary widely from fast and grassy to stiff tests of endurance and sanity! The four cross-country leagues below form the backbone of cross-country running in the South West, but clubs also take part in the Hampshire and Birmingham Leagues, which are based just outside our region.

## Cross-Country Leagues in the South West of England

### Gloucestershire League

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

Attracts clubs from Gloucestershire, Avon and the West Midlands. There are four fixtures (three before and one after Christmas), all on Saturdays, and the series is decided on a 'best three out of four' basis.

### Gwent League

[www.gwent-league.org.uk/](http://www.gwent-league.org.uk/)

Despite its name, this large league attracts clubs along the M4 corridor from Bath to Swansea, and some from further afield. There are five fixtures (three before Christmas, and two after), held on a mix of Saturdays and Sundays, all of which count towards overall positions.

### Wessex League

[www.wessexleague.com/](http://www.wessexleague.com/)

This league is based in the centre and east of the region, attracting clubs from Somerset, Wiltshire, Dorset and Hampshire. There are four fixtures, all held on Sundays.

### Westward League

[www.ironbridgerunnerevents.co.uk/westward/](http://www.ironbridgerunnerevents.co.uk/westward/)

This popular league is based in Devon and Cornwall. There are six fixtures (three before and three after Christmas), with the overall results based on a 'best five out of six' basis.

## Cross-Country Coordinators and county websites

<b>South West</b>	<i>Neil Miller</i>	<a href="mailto:swxc@neilmiller.info">swxc@neilmiller.info</a>	<a href="http://www.englandathletics.org/south-west">www.englandathletics.org/south-west</a>
<b>Schools</b>	<i>Rob Clark</i>	<a href="mailto:robocr@tiscali.co.uk">robocr@tiscali.co.uk</a>	<a href="http://www.englandathletics.org/schools">www.englandathletics.org/schools</a>
<b>Avon</b>	<i>Keith Brackstone</i>	<a href="mailto:keithatrvp@blueyonder.co.uk">keithatrvp@blueyonder.co.uk</a>	<a href="http://www.avon-aa.org.uk">www.avon-aa.org.uk</a>
<b>Cornwall</b>	<i>Dave Varney</i>	<a href="mailto:davevarney@care4free.net">davevarney@care4free.net</a>	<a href="http://www.cornwallathletics.org">www.cornwallathletics.org</a>
<b>Devon</b>	<i>Derek Smith</i>	<a href="mailto:dereksmithscrutineer@btinternet.com">dereksmithscrutineer@btinternet.com</a>	<a href="http://www.devoncountyaa.co.uk">www.devoncountyaa.co.uk</a>
<b>Dorset</b>	<i>Rupert Pepper</i>	<a href="mailto:rupert.pepper@virgin.net">rupert.pepper@virgin.net</a>	<a href="http://www.dorsetathletics.co.uk">www.dorsetathletics.co.uk</a>
<b>Gloucestershire</b>	<i>Arthur Daley</i>	<a href="mailto:arthursdaley@tiscali.co.uk">arthursdaley@tiscali.co.uk</a>	<a href="http://www.glosaaa.org.uk">www.glosaaa.org.uk</a>
<b>Somerset</b>	<i>Paul Chadwick</i>	<a href="mailto:helenpaulsols@waitrose.com">helenpaulsols@waitrose.com</a>	<a href="http://www.somerset-athletics.co.uk">www.somerset-athletics.co.uk</a>
<b>Wiltshire</b>	<i>Chris &amp; Ali Sloane</i>	<a href="mailto:crjsloane@hotmail.com">crjsloane@hotmail.com</a>	<a href="http://www.wiltshire-athletics.org.uk">www.wiltshire-athletics.org.uk</a>

## England Athletics' Club and Coach Support Officers

England Athletics provides professional support for clubs and coaches.

<b>Avon, Somerset, Wiltshire</b>	<i>Matt Foad</i>	<a href="mailto:mfoad@englandathletics.org">mfoad@englandathletics.org</a>
<b>Gloucestershire, Birmingham, Black Country</b>	<i>Adam Brown</i>	<a href="mailto:abrown@englandathletics.org">abrown@englandathletics.org</a>
<b>Cornwall, Devon, Dorset</b>	<i>Sonya Ellis</i>	<a href="mailto:sellis@englandathletics.org">sellis@englandathletics.org</a>

## England Athletics' Area Coach Mentor (Endurance)

Mentoring and coordinating endurance coaches across the region.

<b>South West</b>	<i>Mark Brace</i>	<a href="mailto:mbrace@englandathletics.org">mbrace@englandathletics.org</a>
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