



2024 Cross Country competition

Date & Times

This year's London District Cross Country competition will take place on **Saturday 11th May 2024** at **Grovelands Park** in Winchmore Hill. Please arrive at **1:45pm** ready for a 2pm start. The event will finish by 3:30pm. The competition is being hosted as an invitational event run by Enfield Battalion and so we thank them for their hospitality.

Venue

The best entrances to use for access to Grovelands Park are the ones on Wynchgate or Queen Elizabeth's Drive. The event base will be located near to the pathway between the two. The postcode for this location is N21 1QU. Free parking is available in most roads around the park on weekends, as the residents permit bays around roads are only in use Monday to Friday.

Age Groups

The competition shall be for young people competing as individuals and as members of a Company team in the following age groups:

Company: School years 7 to 9

Seniors: School years 10 to 13

There will not be separate boys and girls races, so teams may be mixed. A Company age group member may move up to the Seniors age group, but cannot be classified in both competitions.

Companies may enter as many young people as they wish, there is no minimum or maximum. The scoring will be based on the number of participants in each race (i.e. if a race has 10 participants, 1st place will receive 10 points, 2nd place 9 points and so on). The scores of the first four participants to finish from each Company in each age group will be added up to form that Company's score.

Remember that it is possible to compete with smaller teams or as individuals, so Companies are encouraged to come along even if they have fewer than four young people.

The Race

The course is approximately 2.5km. Both races will start together and all young people will complete the same route. The course will be marked by signs and marshals will be located around the route to provide support and encouragement. We ask all Companies to provide at least one marshal where possible.

When finishing the race, young people should pass through the funnel and ensure that their finishing position is recorded.



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Kit

Young people should wear appropriate clothing (i.e. shorts/t-shirt/trainers). The route will go through a wooded area close to a stream and could be wet/muddy, so please consider this when choosing footwear. It is recommended to bring a change of shoes.

Please ensure that all litter is disposed of in a bin or taken away with you.

Results

Once the races have concluded there will be the opportunity for young people to play some games including rounders and football while the results are being compiled.

All participants that complete the race will receive a certificate recognising their achievement. The first three individuals in each age group will be awarded a placing certificate and the individual winners a medal.

Each Company taking part will receive a certificate based on their team placing, with the winning team (i.e. the four scoring finishers) being awarded medals and the trophy for that age group.

Entering the Competition

If your Company would like to participate, please contact Tom Boorman, London District Competitions Convenor, on tom.boorman@boys-brigade.org.uk ahead of the event with an idea of expected numbers.