

# South West Cross-Country

## Fixtures 2009-2010



Dates and venues are subject to change - you should check availability before booking.  
RR = Road Relays, XC = Cross-Country. For further information see overleaf.

OCT 2009	Gloucestershire	Gwent	Wessex	Westward	Other Events
3-4					Sat Midlands XC Relays
10-11	Sat Bourton	Sun Bridgend		Sun Plymouth	Sat Hampshire League
17-18					Sat National RR Seniors Sun National RR YAs
24-25				Sun XC Relays, Taunton	Sat Birmingham League
31-01 Nov			Sun Bournemouth		Sat National XC Relays, Mansfield
NOV 2009	Gloucestershire	Gwent	Wessex	Westward	Other Events
7-8	Sun Bath				Sat Hampshire League
14-15				Sun St Austell	ESAA XC Cup Regional
21-22	Sat Blackbridge, Gloucester	Sun BMC/Mike Sully, Bristol			
28-29			Sun Salisbury Sun Wiltshire Co. Chps, Corsham	Cornwall Co. Champs	European XC Trials
DEC 2009	Gloucestershire	Gwent	Wessex	Westward	Other Events
5-6	Sat Gloucestershire Schools XC	Sun Taunton (inc. Avon & Somerset Co. Champs)		Sun Exeter (inc. Devon Co. Champs)	Sat Hampshire League Sat Birmingham League ESAA XC Cup Final, Newquay
12-13	Sat Tewksbury			Sat Dorset Co. Champs	
19-20					
26-27					
JAN 2010	Gloucestershire	Gwent	Wessex	Westward	Other Events
2-3					
9-10	Sat Gloucestershire Co. Champs				Sun South West XC Champs, Bicton
16-17			Sat Reading (inc. Hampshire League)	Sun Bideford	Sat Birmingham League Sat Hampshire League Sun Cardiff XC Challenge
23-24				Sat Cornwall Schools XC	Schools County Champs Recommended Weekend
30-31					Sat Midlands XC Champs, Stafford Common + Southern Area XC Champs, Parliament Hill
FEB 2010	Gloucestershire	Gwent	Wessex	Westward	Other Events
6-7	Sat Cheltenham				Schools County Champs Alternative Weekend
13-14		Sat Brecon		Sun Bovey Tracey	Sat Birmingham League
20-21			Sun Yeovil		
27-28					Sat South West Schools XC Champs, Truro Sat ECCA National Champs, Leeds
MAR 2010	Gloucestershire	Gwent	Wessex	Westward	Other Events
6-7		Sat Blaise Castle, Bristol			
13-14					Sat Inter-County Champs, Nottingham
20-21				Sun Redruth	English Schools XC Champs, Manchester
27-28			Sun Ringwood		IAAF World X/C Champs Sat Schools International, Truro

## Cross-Country in the South West

Four cross-country leagues form the backbone of cross-country running in the South West: the Westward, Wessex, Gloucestershire and Gwent Leagues (see details below). Some clubs also take part in the Hampshire, Birmingham and Oxford Leagues, which are based just outside our region.

In addition, we hold a South West Inter-Counties and Clubs Cross-Country Championships in early January. Many clubs also take part the various Southern, Midlands and National events, which take place around the country.

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

#### Gloucestershire League

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

Attracts clubs from Gloucestershire and Avon. 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 six fixtures, all held on Sundays.

#### Westward League

[www.westwardleague.co.uk/](http://www.westwardleague.co.uk/)

This very 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

<b>South West</b>	<i>Neil Miller</i>	<a href="mailto:swxc@neilmiller.info">swxc@neilmiller.info</a>
<b>Avon</b>	<i>Andrea Culp</i>	<a href="mailto:CulpA@pbworld.com">CulpA@pbworld.com</a>
<b>Cornwall</b>	<i>Dave Varney</i>	<a href="mailto:davevarney@care4free.net">davevarney@care4free.net</a>
<b>Devon</b>	<i>Derek Smith</i>	<a href="mailto:dereksmithscrutineer@btinternet.com">dereksmithscrutineer@btinternet.com</a>
<b>Dorset</b>	<i>Janet Letherby</i>	<a href="mailto:letherby@hotmail.co.uk">letherby@hotmail.co.uk</a>
<b>Gloucestershire</b>	<i>Arthur Daley</i>	<a href="mailto:arthursdaley@tiscali.co.uk">arthursdaley@tiscali.co.uk</a>
<b>Somerset</b>	<i>Paul Chadwick</i>	<a href="mailto:chair@wellscityharriers.org.uk">chair@wellscityharriers.org.uk</a>
<b>Wiltshire</b>	<i>Derrek Drewitt</i>	<a href="mailto:lexington@fsmail.net">lexington@fsmail.net</a>
<b>Schools</b>	<i>Rob Clark</i>	<a href="mailto:robocr@tiscali.co.uk">robocr@tiscali.co.uk</a>