

2009/2010 Cross Country Season Fixtures

OCTOBER		
11.10.09	RYSTON RUNNERS OPEN XC GRAND PRIX SERIES 1	WOODS AT SHOULDHAM WARREN, WEST NORFOLK
18.10.09	AMPTHILL TROPHY	AMPTHILL, BEDS
25.10.09	LINCS LEAGUE 1	RAF CRANWELL
31.10.09	ECCA NATIONAL RELAY CHAMPIONSHIPS	BERRY HILL, MANSFIELD
NOVEMBER		
01.11.09	LINCS LEAGUE 2	SKEGNESS
15.11.09	RYSTON RUNNERS OPEN XC GRAND PRIX SERIES 2	WOODS AT SHOULDHAM WARREN, WEST NORFOLK
21.11.09	LONDON XC CHAMPIONSHIPS	PARLIAMENT HILL, LONDON
22.11.09	LINCS LEAGUE 3	GRIMSTHORPE CASTLE
DECEMBER		
13.12.09	LINCS LEAGUE 4	LONDON RD, LOUTH (£1.50 EACH ATHLETE)
13.12.09	RYSTON RUNNERS OPEN XC GRAND PRIX SERIES 3	WOODS AT SHOULDHAM WARREN, WEST NORFOLK
JANUARY		
10.01.10	COUNTY CHAMPS CAMBS	PRIORY PARK, ST NEOTS
17.01.10	RYSTON RUNNERS OPEN XC GRAND PRIX SERIES 4	WOODS AT SHOULDHAM WARREN, WEST NORFOLK
30.01.10	SEAA MAIN SOUTHERN XC CHAMPIONSHIPS	PARLIAMENT HILL FIELDS, LONDON
.01.10	SEAA MASTERS & INTERCOUNTIES	SHUTTLEWORTH, OLD WARDEN PARK,

FEBRUARY		
14.02.10	RYSTON RUNNERS OPEN XC GRAND PRIX SERIES 5	WOODS AT SHOULDHAM WARREN, WEST NORFOLK
27.02.10	ECCA NATIONAL CHAMPIONSHIPS	LEEDS

The nights are drawing in and the leaves are changing colour, it can mean only one thing, it's time for Cross Country, whey hey!

Last year Yaxley Runners managed to get both female and male teams out for the county championships and a male team for both the Southern and Nationals. This year I think it'd be great to get both teams out for all events, and perhaps even be spoiled enough to get A and B teams.

What that means is I'd like as many of you to get involved as possible and it's important not to be scared!

To dispel some myths:

- Cross country running leads to injury. Quite the opposite is true; running on soft ground is far less strenuous on the joints than running on road. Indeed the uneven nature of the terrain helps to strengthen muscles and tendons making you less injury prone. That said, if you start a race with an injury then it'll only make it worse, but that is true in any event.
- Cross country running is really muddy. Given the current dry spell and the fact that the Amptill Trophy is only a few weeks away there will be plenty of opportunities to race in the dry. Cross country is not merely tough because of mud; it is the terrain and lack of respite that are the true challenges. This again offers a huge training benefit and will inevitably lead to quicker times on the road.
- Cross country running events lack facilities. This can be true, but thanks to the generosity of the HCSA we have been able to purchase a shelter which is ideal to store kit and get changed in. It also provides a good focal point and many other local club runners come and say hi as a result.

Of course the best way to have an enjoyable Cross season is to be prepared. Train off-road whenever you can, hill intervals are advisable too in your schedule. Shoes-wise, spikes are an advantage on completely off-road and muddy courses, these are not as expensive as road shoes, but make sure you get some decent length spikes with them, 9mm – 12mm seem to be best. Otherwise a pair of trail shoes will help you cope with all terrains and may be better value.

Finally, if you don't think Cross Country is for you, please think again. If you plan to run the Frostbite season, events at St Neots, Hinchinbrooke and

Bourne are essentially Cross Country races and they are not that bad....are they?

I've highlighted the events that I'd like to get big numbers taking part in on the calendar above. You'll need to enter yourself for the Ampthill Trophy; all of the details are on-line <http://www.amphilltrophy.org.uk/>.

Other than that I will manage the entries for the championship events as normal, probably trying to drum up some interest towards Christmas. As I can't make it to the club very regularly, if you are interested please email me: smyaxleyrunners@aol.com and I'll be sure to be in touch.

Have a great Winter!

Sean