

# Cross-Country Fixtures 2017/2018

## Championship events:

To enter for the championship events listed below, please contact the cross country captains whose contact are below. The club covers entry for these events.

[Northern Athletics XC Relay Championship](#), 21st October ([Graves Park](#), Sheffield)

[National XC Relay Championship](#) - 5th November ([Berry Hill](#), Mansfield)

North Eastern Championships - 9th December (Redcar)

Northern Championships - 27th January, (Leeds)

National Championships -24th February, ([Parliament Hill](#), london)

## Harrier League dates 2017/2018

The Harrier league is the local cross country league for the region. The club covers entry costs for this. **You will receive a race number for the fixtures below which you keep for the whole season.** If you lose your number you must replace it at Race HQ (£5). All the races count towards league points for club apart from the Sherman Cup / Davison Shield which is a championship event in the league. The scoring is slightly different for this. The league races are all based on a handicap system with slow, medium and fast packs. Full details of the league rules and system is available on the league website: [\*\*www.harrierleague.com\*\*](http://www.harrierleague.com)

Sat 30th Sept 2017 – [Wrekenton](#) (Parking at Cardinal Hulme School)

Sun 8th Oct 2017 - [Druridge Bay](#) (Sunday fixture)

Sat 28th Oct 2017 - Sherman Cup / Davison Shield, [Temple Park](#)

Sat 18th Nov 2017 - Aykley Heads (Durham) Parking at County Hall

Sat 6th Jan 2018 - [Herrington Park](#) , Peshaw

Sat 10th Feb 2018 - [Thornley Hall Farm](#), Wheatley Hill

Sat 3rd Mar 2018 - Alnwick

Harrier league schedule:

12:15 app Under 11 Boys & Girls

12.25 app Under 13 Boys

12.35 app Under 13 Girls

12.45 app Under 15 Boys

12.55 app Under 15 Girls

13.05 – 13.10 app \*\*Under 17 & Under 20 Women

13.10 – 13.15 app \*\*Senior & Veteran Women

13.50 – 14.00 app \*\*Under 17 Men

14.15 – 14.25 app \*\*Senior & Veteran Men

To register for Cross Country and the Harrier League please contact:

**Men, Geoff Watson : [xcountry@durhamcityharriers.org.uk](mailto:xcountry@durhamcityharriers.org.uk)**

**Women, Sam Newington: [Ladiesxc@durhamcityharriers.org.uk](mailto:Ladiesxc@durhamcityharriers.org.uk)**

**Juniors: Please contact your current coach and let them know you wish to run. For any queries please contact [xcountry@durhamcityharriers.org.uk](mailto:xcountry@durhamcityharriers.org.uk)**

### **Cross Country resurgent competition**

The resurgent competition was set up some years ago by former Cross Country Captain Alan Rowell. It was as a means of encouraging the senior men to support the club in competing in all the Harrier league races with some friendly competition between DCH members. It was later extended to the senior women and the juniors and the ethos remains that it is friendly competition between club members with points rewarded for turning out for the club over the 6 fixtures of the league.

The categories are all based on the races:

Under 11 Boys & Girls  
Under 13 Boys & Girls  
Under 15 Boys & Girls  
Under 17 & Under 20 Women  
Open Men & Women (all in the senior race)  
Under 17 Men  
Veteran Men & women

The scoring system is as follows:

#### **Juniors & U17/20 Women**

25 points for running  
20 points down to 1 for overall position  
5 points for moving up a pack \*(not for U11)  
5 points for being 1st DCH runner in your pack \*(Not for u11)

#### **Open women**

25 points for running  
20 points down to 1 for overall position  
3 points for being first DCH runner in your pack  
3 points for moving up a pack  
3 points for being a counter

#### **Open men**

20 points down to 1 for overall position  
25 pts for running  
3 pts for being a counter  
3 pts for being first club member of your pack  
3 pts for moving up a pack  
vet men & women

25 for running

20 down to 1 pos

**Veteran Men & Women**

25 for running

20 down to 1 on position