

Winter competition explained 2023-24

CROSS COUNTRY

School year 4 & upwards can do the **NESS** ALL on Sundays within 25 miles of Colchester Years 4 to 12 run approx 1 ½ miles at 10-00am school years 12 upwards can run in the senior's race Approx. 5 miles at 10-45am Senior's race costs £4 children FREE**This league is most suitable for beginners.**

School year 7 that means if you are 11 by the end of August You can do the **Essex league** (This is a change from previous years when you could do it once you had had your 11th birthday) ALL on Saturdays all over the county start at 10-30am children run in 2 year age bands boys & girls together distances range from 3k to 6k dependant on age Seniors run in the later races men & women separately (Sometimes there is a school year 4 upwards race in this league dependant on the host club your coach will let you know at the time) There is no cost for this league as your club pays an affiliation fee This league is a higher level than **NESS**.....In both these leagues you don't have to wear numbers just see **Bob Kimber Essex League** or **Alan Palmer NESS league** on the day get on the start line & run you will be given a numbered token this is your position you **MUST** give this to your team manager to calculate the results.

Northeast Essex schools November organised by Colchester schools the 1st 8 from this (each age group) qualify for the Essex Schools then the 1st 8 from that qualify for the **English schools The most prestigious race in the young athletes calendar**

Other cross country

School year 7 upwards There are Essex/Suffolk Championships also Southern/Eastern & National championships these must be pre-entered & there will be an entry fee your coach will let you know about these near the time details will be posted on CATs Facebook page The 1st 8 from Essex/Suffolk championships will qualify for the inter-counties at Loughborough

SPORTS HALL

School year 4 upwards

Sportshall athletics is fun athletics for beginners in school sports halls mostly at **CHELMSFORD** with running, long & triple jump & high jump also relays really good as 1st competition for younger athletes these events go on to regional & national finals For more details of sports hall athletics for more details go to www.sportshall.org This winter the club contact for this is Grainne Hallahan (Fundamentals group coach) Details will be posted on the CATs FB Page.

INDOOR ATHLETICS Mostly after Christmas

Races from 60mt 60mt hurdles “200mt-1500mt All the jumps & Shot putt

Lea Valley North London is a 200mt indoor track such as you see on the television there are open meetings see details Google “Lea valley” athletics

Essex/Southern/Eastern Championships are held at this venue for school year 7 upwards there is a cost for these Details will be put on our Facebook page & at the club

AGE GROUPS IMPORTANT

Age groups **NESS** you will be asked your school year

Essex League & **Other cross country** your age group will be as 2023 summer.

Indoor athletics if you are moving up an age group for next summer 2024 this will be your 1st event in this age group.

Amended 19/09/2023.