

2019 /2020 Team Endurance Fixtures

Cross Country

We are planning to encourage athletes to compete in the Sefton Park Cross Challenge event, and plan to use performances in the event to help select the Northern teams for the Home Countries International event in January. (Closing Date for Sefton CC is 15th November 2019)

We have selected Northern teams for the Sefton park event previously (from those athletes who have entered the event), but we understand that currently there are no other area teams likely to be competing?

The events we plan to send teams to are:-

11th January Home Countries International at Stirling,

We plan to send teams of four athletes in Senior men, Senior Women, Junior men & Junior women categories (We believe that UKA junior age groups will be used but are seeking confirmation of this).

Selected athletes will travel up on Friday evening, and return on Sunday.

9th Feb Rotselaar, Belgium

Two teams of 4 men and women. Selection will be based upon performance in The Cross Challenge events, county events and particularly the Northern XC Championships on the 25th Jan.

Athletes will travel from London St Pancras via Eurostar on Saturday afternoon, and return to St Pancras after the event on Sunday the 9th, hopefully in time to get home from London that evening.

Road

We are planning to take representative men's & women's teams to the following events:-

Telford 10K 8th December

Belfast Titanic 10K 29th March

Athletes who have achieved the selection standard & are interested in being considered for Selection should contact Rob Cameron on bertie.cameron@talk21.com

The standards are:- Men sub 31 min 10K, Women sub 37 min 10K