

## Winter Competition FAQs 2024-25

### Cross Country

#### **What Cross Country (XC) events are there?**

Two leagues to enter: NESS (Sundays) and Essex League (Saturdays).

#### **What ages can run?**

In NESS there is one junior and one senior race. Children in years 4 to 11 can compete in the junior race. Children in year 12 and adults can compete in the senior race.

In the Essex League there are separate races for different years: U11, U13, U15, U17, U20 and seniors.

The U11 races are not officially part of the league, and not always offered at every meet.

#### **How far are the races?**

NESS is 2.5km for juniors, and 8km for seniors.

In the Essex League races range from 1km to 8.5km and depend on age and sex.

#### **When and where are the races?**

Both NESS and Essex League begin with their first race at 10am.

The dates and locations of the races vary year to year - check the club website for exact dates.

#### **How do I sign up?**

For the NESS races athletes need to register with Alan Palmer and then sign in with him when they arrive at the race. The club pays for your entry.

For Essex League races athletes must individually register and sign up with Roster Athletics, but it is free to enter (apart from the U11 race that carries a £2 charge).

### North East Essex Schools XC

This takes place in November and is organised by schools in Colchester and surrounding areas.

The first eight runners from each age group will qualify for the Essex School XC race. The first eight runners from each age group in the Essex Schools XC race will qualify for the English Schools XC.

### Other Cross Country

There are also Essex and Suffolk Championships athletes from year 7 and above can enter.

These races count towards the Southern and Eastern and National championships and athletes must enter themselves and pay the fee.

The first eight runners from the Essex and Suffolk championships will qualify for the inter-counties at Loughborough.

### Sportshall

#### **What is Sportshall and when does it happen?**

Sportshall competitions are held in Chelmsford Athletics Centre and are open to athletes in years 5 to 10.

There are three Sportshall competitions held in October, November and December.

#### **What events are in Sportshall?**

There are 'track' events such as one lap, two lap and over and under races. There are also field events such as javelin, shot put, speed bounce and high stepper.

Athletes can choose four events to compete in.

Athletes who perform the best in the U13 and U15 categories will be selected to join a team to compete in regional and national finals.

### Indoor Athletics

#### **When and where are the indoor competitions?**

Indoor meets are held in Lee Valley in East London. The dates for the events can be found on the Open Track website.

#### **What events are there?**

Track events include 60m sprint, 60m hurdles, 200m and 1500m. Field events include long jump, high jump and shot.

**What ages can compete?**

These events are for U13, U15, U17, U20.

It is important to note that from January, you move up into the age group you will be competing in for the summer season.