

SHAFTESBURY BARNET HARRIERS 2024-2025 CROSS COUNTRY INFORMATION SHEET

INCLUDES CLUB CHAMPIONSHIP AND POINTS RACES, METROPOLITAN AND NORTH WEST LONDON LEAGUE INFORMATION, AND TEAM MANAGER DETAILS.

CROSS COUNTRY CLUB CHAMPIONSHIP RACES

MEN

UNDER 11 BOYS	METROPOLITAN LEAGUE JAN 11
UNDER 13 BOYS	SOUTHERN CHAMPIONSHIPS JAN 25
UNDER 15 BOYS	SOUTHERN CHAMPIONSHIPS JAN 25
UNDER 17 MEN	SOUTHERN CHAMPIONSHIPS JAN 25
UNDER 20 MEN	METROPOLITAN LEAGUE NOV 30
5 MILES SENIOR MEN	METROPOLITAN LEAGUE NOV 30
9 MILES SENIOR MEN	SOUTHERN CHAMPIONSHIPS JAN 25
MASTERS MEN 40+	METROPOLITAN LEAGUE NOV 30

WOMEN

UNDER 11 GIRLS	METROPOLITAN LEAGUE JAN 11
UNDER 13 GIRLS	SOUTHERN CHAMPIONSHIPS JAN 25
UNDER 15 GIRLS	SOUTHERN CHAMPIONSHIPS JAN 25
UNDER 17 WOMEN	SOUTHERN CHAMPIONSHIPS JAN 25
UNDER 20 WOMEN	SOUTHERN CHAMPIONSHIPS JAN 25
SENIOR WOMEN	SOUTHERN CHAMPIONSHIPS JAN 25
MASTERS WOMEN 40+	SOUTHERN CHAMPIONSHIPS JAN 25

CROSS COUNTRY POINTS RACES - MEN

UNDER 11 - ALL 5 METROPOLITAN LEAGUES, PLUS HERTFORDSHIRE OR MIDDLESEX CHAMPIONSHIPS
BEST 4 OUT OF THE 6 RESULTS TO COUNT
UNDER 13, UNDER 15, UNDER 17, UNDER 20, SENIOR AND MASTERS - ALL 5 METROPOLITAN LEAGUES,
PLUS SOUTHERN AND NATIONAL
BEST 5 OUT OF 7 RESULTS TO COUNT

CROSS COUNTRY POINTS RACES - WOMEN

UNDER 11 - ALL 5 METROPOLITAN LEAGUES, PLUS HERTFORDSHIRE OR MIDDLESEX CHAMPIONSHIPS
BEST 4 OUT OF 6 RESULTS TO COUNT
UNDER 13, UNDER 15, UNDER 17, UNDER 20, SENIOR AND MASTERS - ALL 5 METROPOLITAN LEAGUES,
PLUS SOUTHERN AND NATIONAL
BEST 5 OUT OF THE 7 RESULTS TO COUNT

UPDATED LIST OF POINTS POSITIONS AND CLUB CHAMPIONSHIP WINNERS CAN BE FOUND ON THE SBH WEBSITE FROM OCTOBER ONWARDS.

LINK TO CLUB POINTS POSITIONS - <https://sbharriers.co.uk/fixtures-results/winter-xc-points-tables/>

LINK TO CLUB CHAMPIONSHIP WINNERS - <http://sbharriers.co.uk/fixtures-results/winter-xc-club-championships/>

METROPOLITAN CROSS COUNTRY LEAGUE

TIMETABLE AND DISTANCES

COMBINED UNDER 11 BOYS AND GIRLS (OVER 9)	12.00	2000m
UNDER 13 BOYS	12.10	3000m
UNDER 13 GIRLS	12.20	3000m
UNDER 15 BOYS AND 17 MEN	12.30	4000m
UNDER 15 GIRLS AND 17 WOMEN	12.45	4000m
UNDER 20 AND SENIOR WOMEN INCLUDING VETERANS	13.00	7000-8000m
UNDER 20 AND SENIOR MEN INCLUDING VETERANS	13.45	7000-8000m

EACH FIXTURE ORGANISER PRODUCES DETAILED INFORMATION FOR THEIR UPCOMING FIXTURE, WHICH WILL BE PUBLISHED ON THE METROPOLITAN LEAGUE WEBSITE. THIS IS NORMALLY AROUND 2-3 WEEKS PRIOR TO THE FIXTURE, AND WILL INCLUDE CONFIRMATION OF START TIMES, RACE DISTANCES, COURSE MAPS, TRAVEL AND PARKING ETC. THIS INFORMATION WILL BE PUBLISHED ON THE SBH WEEKLY NEWSLETTER, WHEN AVAILBLE.

PLEASE CHECK ON THE METROPOLITAN LEAGUE WEBSITE JUST PRIOR TO EACH FIXTURE, FOR ANY FINAL INFORMATION. LINK TO WEBSITE - <https://metleague.run/fixtures/>

LINK TO YOUR RESPECTIVE CROSS COUNTRY TEAM MANAGER

<https://sbharriers.co.uk/athletics/cross-country/team-managers/>

LINK TO YOUR RESPECTIVE ROAD RELAYS TEAM MANAGER

<https://sbharriers.co.uk/athletics/road-running/team-managers/>