

**SHAFTESBURY BARNET HARRIERS 2025-2026 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 10
UNDER 13 BOYS	SOUTHERN CHAMPIONSHIPS JAN 24
UNDER 15 BOYS	SOUTHERN CHAMPIONSHIPS JAN 24
UNDER 17 MEN	SOUTHERN CHAMPIONSHIPS JAN 24
UNDER 20 MEN	METROPOLITAN LEAGUE DEC 6
5 MILES SENIOR MEN	METROPOLITAN LEAGUE DEC 6
9 MILES SENIOR MEN	SOUTHERN CHAMPIONSHIPS JAN 24
MASTERS MEN 40+	METROPOLITAN LEAGUE DEC 6

**WOMEN**

UNDER 11 GIRLS	METROPOLITAN LEAGUE JAN 10
UNDER 13 GIRLS	SOUTHERN CHAMPIONSHIPS JAN 24
UNDER 15 GIRLS	SOUTHERN CHAMPIONSHIPS JAN 24
UNDER 17 WOMEN	SOUTHERN CHAMPIONSHIPS JAN 24
UNDER 20 WOMEN	SOUTHERN CHAMPIONSHIPS JAN 24
SENIOR WOMEN	SOUTHERN CHAMPIONSHIPS JAN 24
MASTERS WOMEN 40+	SOUTHERN CHAMPIONSHIPS JAN 24

**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 WILL BE ISSUED FOLLOWING THE 11 OCTOBER METROPOLITAN LEAGUE FIXTURE.

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

UPDATED LIST OF CLUB CHAMPIONSHIP WINNERS WILL BE ISSUED FOLLOWING THE 6 DECEMBER METROPOLITAN LEAGUE FIXTURE.

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

**METROPOLITAN CROSS COUNTRY LEAGUE**

**TIMETABLE AND DISTANCES**

UNDER 11 BOYS	12.00	Up To 2000m
UNDER 11 GIRLS	12.02	Up To 2000m
UNDER 13 BOYS	12.10	3000m
UNDER 13 GIRLS	12.12	3000m
UNDER 15 BOYS AND 17 MEN	12.30	4000m
UNDER 15 GIRLS AND 17 WOMEN	12.32	4000m
SENIOR (MIXED TRIAL RACE)	12.50	4000m
UNDER 20 AND SENIOR WOMEN INCLUDING VETERANS	13.20	7000-8000m
UNDER 20 AND SENIOR MEN INCLUDING VETERANS	14.20	7000-8000m

RACE START TIMES MAY VARY SHOULD THE HOST CLUB, MEETING MANAGER OR RESULTS TEAM NEED TO ALTER THEM. THEY MAY ALSO COMBINE THE JUNIOR RACES BY GENDER IF REQUIRED

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 AVAILABLE.

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  
LINK TO YOUR RESPECTIVE ROAD RELAYS TEAM MANAGER

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