**Sussex AA Cross Country League 2026/27**

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|---|---|---|
| **Race 1** | **Saturday 7th November 2026** | **Ardingly Showground, RH17 6TL** |
| **Race 2** | **Saturday 21st November 2026** | **Bexhill Down, TN39 4HS** |
| **Race 3** | **Saturday 5th December 2026** | **Stanmer Park, Brighton , BN1 9QA** |
| **Race 4** | **Sunday 13th February 2027** | **Glyndebourne, Lewes BN8 5UU** |

***PLEASE NOTE - IT IS ATHLETE'S RESPONSIBILITY TO ENTER THE CORRECT AGE GROUP. AGE GROUPS ARE SET BY ENGLAND ATHLETICS. IF YOU ARE UNSURE WHICH ONE YOU FALL IN, CHECK BEFORE ENTERING.***

**Timetable**

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|---|---|---|---|
| 12.00 | Under 12 Girls | 2.0 km approx | (1.2 miles) |
| 12.10 | Under 12 Boys | 2.0 km approx | (1.2 miles |
| 12.30 | Under 14 Girls | 3.0 km approx | (1.8 miles) |
| 12.45 | Under 14 Boys | 3.0 km approx | (1.8 miles) |
| 13.00 | Under 16 Girls | 4.0 km approx | (2.5 miles) |
| 13.20 | Under 16 Boys | 4.0 km approx | (2.5 miles) |
| 13.40 | Under 18 Men | 5.0 km approx | (3.0 miles) |
| 14.05 | Under 18, U20, Sen & Vet women | 5.0 km approx | (3.0 miles) |
| 14.35 | Under 20, Sen & Vet Men | 8.0 km approx | (5.0 miles) |

**NOTES**

1. Entry Fee **£7.50** for Seniors & Veterans**. £7.50** for U14, U16, U18, U20. **£7.50** for U12

There will be an additional £2 levy for all unattached runners.

Entries will be accepted on the day but at an additional cost £12 for all age groups other than Under 12s £10. Where possible please enter in advance.

IN THE EVENT OF A FIXTURE CANCELLATION, A FULL REFUND (MINUS THE ADMIN FEE) WILL BE ISSUED.

All race numbers to be collected at registration on race day.

Sussex AA welcome entries from disabled athletes. Please contact matthews2000@live.co.uk to discuss any needs to be considered.

**Please note: Sussex team managers primarily use the first two cross country league fixtures (Goodwood and Ardingly) to make selections for the Inter Counties team at the end of November.** Other races eg UKA Cross-Challenge, and Sussex relays will be noted, but places will only be offered to athletes whom have completed at least 1 Sussex league race. **If you are unable to compete in either of the league fixtures for whatever reason, and would still like to be considered for the team, please contact matthews2000@live.co.uk**

2. All competitors must run in their own age groups.

3. Senior Age groups: as on **31st August 2026**. Veterans as age on the **day of race**.

4. **Under 18 Women have their own individual and team category. They will ALSO be able to score in their club's senior team. Under 18 Men must run in the U18 Men's race.**

5. All Junior, Senior, Veteran Women and Men must **declare age groups** when entering, i.e. U20, Senior, V35, V40, V45, V50, V55, V60, V65, V70 for Men, and U18, U20, Senior, V35, V40, V45, V50, V55, V60, V65, V70, V75 for Women.

U20s – School year 13 and athletes aged 18 or 19 when the season starts who do not turn 20 before August 31st 2027. Athletes born Sept to Dec 2006 are seniors. Athletes who were born after Jan 1 2007 are U20 until 31 Dec 2026 then become seniors from Jan 1, 2027.

6. For **individual** awards the **best three** results will count from the 4 fixtures. Individual medals will be awarded to the first three in all groups, including all three Veteran categories, male and female. For individual Veteran categories, athletes will be scored in the category they were in at the first league fixture.

7. **Team Awards** for all age groups will be based on the aggregate of **all four** races.

**All Juniors** U12, U14, U16, U18 **three to score**. U12 athletes must be at least 9 years old on the day of the race.

**Senior Women**(includes U18,U20, Veterans) There will be **two** divisions again this season.

**Division 1** (**four** to score)

**Division 2** (**three** to score) all other teams including other B and C teams.

**Women's Veteran League** Three to score. There will be two veteran leagues - one for V35-V50 and the other for over V50s. Veterans can score in Senior **and** one veterans league only i.e a 52 year old will automatically score in the V50 league as well as the senior league but not the V35-50 (unless specified in advance of each race).

**Senior Men.** There will be **two** divisions again this season.

**Division 1** (**six** to score). **Division 2** (**four** to score)

**Men's Veteran League**. Teams will be three to score. There will be two veteran leagues - one for V35-V50 and the other for over V50s. Veterans can score in Senior **and** one veterans league only i.e a 52 year old will automatically score in the V50 league as well as the senior league but not the V35-50 (unless specified in advance of each race).

8. Club colours must be worn by all competitors.

9. 2nd claim athletes may run and score both as individuals and in team events (as long as first claim clubs are not Sussex AA affiliated).

10 Athletes with disabilities who wish to enter any of the league races should contact the league organiser beforehand to discuss the suitability of the course(s) for their disability

12. Incomplete teams – the position of the last runner in each race + 10 points will be added.

**RESULTS:** Results will be on the Sussex County athletics website - sussexathletics.org

**DATA PROTECTION & MUSIC** – In entering this event, athletes agree to Sussex AA publishing personal info for results & passing such information on to the gov body &/or affiliated organisations. Data is also used for info on future events. Athletes and spectators should be aware music is sometimes played at our events. If this is something that causes discomfort, please act accordingly by bringing ear defenders or similar.

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