

FIXTURE LIST – AUTUMN/WINTER 2018/2019

As we exit the home straight of the current T&F season, our thoughts turn to cross country (xc) and indoor athletics which kick off this month!. The club's primary focus once again will be the **Notts Mini League Cross Country** and **Sportshall** leagues. ALL RAC younger athletes (U11-U15) are encouraged to represent their club and participate in as many of these fixtures as possible. We are going for a fantastic 5th straight win in the Mini League cross country and last year we had our best season ever in Sportshall so let's get as many RAC athletes to these fixtures as possible – SUPPORT YOUR CLUB!

Entry to all the mini league events are **FREE**.

The Team Managers for this season are:

Mini League Cross Country Team Manager: Melissa Wyszynski

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Cross Country Team Manager: Danny McIntyre: raccrosscountry@gmail.com

Sportshall Team Manager: Martin Findlay - racccompetitions@gmail.com

But the fun doesn't stop there – we have further competitive opportunities for all ages and abilities at RAC coming up over the next few months. Below we have highlighted just a few of the exciting opportunities you can get involved with this autumn and winter! The full fixture list with all the dates, entry information and links to more information can be found attached.

Print it off and stick it on your wall!

The **North Midlands XC League** offers a higher standard of competition than the Mini League, with athletes from the surrounding eight counties participating. However, don't let that put you off. ALL RAC athletes (INCLUDING ADULTS- MALE AND FEMALE!) are welcome to attend and the club will cover the cost of entries. No need to pre enter for these fixtures just turn up for your race, at the right time, wearing your club vest , run, collect your finish token at the end and hand it to an RAC coach.

There is also the **East Midlands XC league** (dates tbc) – an adult (16+) only league involving a series of 4 races on Sunday morning running from Nov-March. Whilst the distances tend to be shorter and the competition a little less fierce than the North Mids league, the courses are a bit more challenging.....great muddy fun! Again, the club will cover the cost of entry. No need to pre enter for these fixtures just turn up for your race, at the right time, wearing your club vest , run, collect your finish token at the end and hand it to an RAC coach.

For the more dedicated athletes looking to compete on the National stage there is the ultra-competitive **British Cross Challenge** – a series of 5 high quality events catering for all age groups U13- Seniors and are held at Cardiff, Milton Keynes, Liverpool, Belfast, and Loughborough. Enter individually.

On Saturday 3rd November one of the biggest XC fixtures nationally will once again be rolling into Nottingham. The **National XC Relays** an iconic event in the XC calendar will be taking place at Berry Hill Park Mansfield and RAC will once again be looking to enter teams in every age group for male and female. The club covers the cost for you and the event is for U13s to senior members.

For the more 'senior' male and female members of the club (35+) don't forget to make sure you are free on Saturday 27th October for the **BMAF XC Relays** which is held just down the road in Long Eaton. Our MAWOR skipper Graham will once again be looking to enter several teams to take part and I'm sure there will be pork pie.

After Christmas, the XC championship season goes into full swing – first up is the **Notts County XC Champs** (U11 – Seniors/Vets) on the 5^h Jan 2019, followed by the **Midland XC Champs** (U13 upwards) and finally the big one – the **English National XC Champs** (U13 -seniors/vets) on the 23rd Feb. This time around the “Nationals” will be held in Leeds and we will be looking to run a club coach trip – watch this space!!

For something a bit different – the ‘**Dovedale Dash**’ - a cross country race at just under 5 miles, run by 1200 to 1400 people – open to all... including dogs! Let’s make it a RAC away day – enter on the day – Sunday 4th November.

There is also a **Derby Midweek Series** of 5km or 1mile races one Wednesday per month over in Derby, for those members looking to stay mud free this winter and stick to road running.

For those preferring the warmth, there is a range of indoor athletics on offer. Notts AAA organise the excellent **Notts Open** meeting in Sheffield in November. This includes a **Quadkids** event for younger athletes. RAC usually has a great turnout (and success) at this fixture.

Northern Athletics are also hosting a series of indoor competitions in Sheffield over the winter as well and full details, dates and how to enter these can be found on the attached fixture list.

For older athletes, the Midland AAA organise a series of **Midland Open** events in Birmingham from January. Also after Christmas, there is the **Midland Indoor Championships** and for those making the grade the **National Indoor Champs** = dates to be confirmed.

A fixture list attached in date order– print out and stick it on the fridge!

Please note, some dates/locations are still unconfirmed, so keep checking the websites and look out for email up dates from RAC.

Any questions please get in touch.

But remember, print off the attached fixture list, tell your children all about the Mini League XC and Sports Hall fixtures, and adults come and join the fun in the mud!