



North Staffs Cross Country Races

Would you like to take part in the Cross Country races held during the autumn? If you are 9 years or older, these are a great opportunity for you to run off road against other like-minded juniors on four different courses, and will help improve your running, strength and stamina.

Venue	Address	Date
Betley Court Farm	Main Road, Betley, CW3 9BH	26/09/26
Stafford Common	Stone Road, Stafford, ST16 1JY	17/10/26
Parkhall	Parkhall Country Park, Weston Coyney, Hulme Rd, Stoke-on-Trent ST3 5AY	21/11/26
Keele University	Keele, Newcastle ST5 5BG	19/12/26 *

*Date TBC

The junior races are split into age categories and usually start from 12 noon. The distance of each race ranges between 2K - 5K, depending on age category and gender.

Cost per person: Free!

If you would like to take part **you need to be a paid up member of England Athletics in addition to your Club membership** - please complete the form overleaf and return it to Chris, Mark, Graham or Brian **by 21st September latest**.

IF YOU DON'T RETURN THE FORM YOU CANNOT RUN!!

Further details to follow nearer to each race.

Name	EA Number	DOB	Betley 26Sep	Stafford 17Oct	Park Hall 21Nov	Keele 19Dec

Free Goodie Bag for those who compete in all 4 races!