

ROAD RACES, CROSS COUNTRY RACES, 2010/2011

All Kent Fitness League C.C. are 5 miles distance, Men and Women run in one race. Up to 350 runners may take part and it only costs £2 to enter each race, Club Vest should be worn. The more runners the Club has running the better as we all count in the end result. It makes a great day out running with your club and supporting each other. I need you to run so do your best to be there.

The Kent Cross Country League races are 5k distance and only Senior and Vet Women run together in one race. No men!. It costs nothing to enter but you do need to book in with your Team Captain at each race.

The Numbers you are given at the first race you will keep for the whole season. Club Vests must be worn. I know many of you think Kent League is for the fast Women only. Well, it is for everyone to try and see what they can. Come and try, you will enjoy it I,m sure.

OCTOBER 2010		
SATURDAY	9th	Kent League C.C. West Wickham Sparrows Den. 2pm start. Snr and Vet Women
SUNDAY	10th	Quest 10K. Jogshop 20 mile Club Training run 9am from Cascades, Distances and pace to to suit all
Wednesday	13th	Club 6-7 mile Warm up then 5-6 mile group running at steady a pace finish last mile brisk to fast
SUNDAY	17th	Maidstone 1/2 marathon Amsterdam Marathon, Club Training at 9am by arrangement.see Capt.
Wednesday	20th	Club 6 mile, Windmill Hill hilly run. Steady running - adjustments can be made to suit everyone
SATURDAY	23rd	Kent League C.C. Tonbridge. 2pm start. Snr and Vet Women
SUNDAY	24th	FITNESS LEAGUE, Canterbury,. 11am start. Everyone to run. £2 fee entry Great South 10 Mile. Portsmouth
Wednesday	27th	Club H/Cap,. meet at Cascades Foyer 7-15 pm. Contact Robin Manley
SUNDAY	31ST	Wilmington 10K Dartford

NOVEMBER 2010		
Wednesday	3rd	Club run,. 6-7 mile steady to brisk running,. Group running.
SUNDAY	7th	10 Mile, Derwentwater Cumbria Club Training from Cascades 9am start.see Capt. Deal 5 miles,.
Wednesday	10th	Club Training, 6-7 mile, Warm up 10 min,. then run a Fartlek type of run for 5-6 miles
SATURDAY	13th	Kent League C.C. Danson Park, Bexleyheath. 2 pm start Snr and Vet Women
SUNDAY	14th	KENT FITNESS LEAGUE, Swanley 11am start, Cost £2 entry fee
Wednesday	17th	Club run, 6 miles Windmill Hill Hilly run, putting a little more effort on the hills.
SUNDAY	21st	Club Training run 9am start from Cascades. for all to take part. Gosport 1/2 marathon.
SUNDAY	28th	KENT FITNESS LEAGUE, Fowlmead, Deal. 11am start,. Contact Capt for any transport required. Cost £2 fee.

DECEMBER 2010		
Wednesday	1st	Club Run, 6-7 miles Steady to Brisk running,.
SATURDAY	4th	Kent League, New Barn, Swanley, Men Only,.
SUNDAY	5th	Thanet 10 miles, R.R.
Wednesday	8th	Club run, 6-7 miles, Warm up 10-15 min, then Fartlec type of running 5 miles,.
SUNDAY	12th	Ditton Turkey Run, and Swanley 4.2 Caper,.
Wednesday	15th	Club Run, 6 miles Windmill Hill Hilly run. Steady to hard efforts.
SUNDAY	19th	KENT FITNESS LEAGUE, Sevenoaks. Knole Park, 11am Start. Cost £2 fee
SUNDAY	26th	Boxing day, Club Run, and Marathon entries

JANUARY 2010		
Wednesday	5th	Club Run, 6-7 miles easy to steady running, brisk finish
SATURDAY	8th	KENT CHAMPIONSHIPS, CROSS COUNTRY information to come
SUNDAY	9th	KENT FITNESS LEAGUE, Minnis Bay, Birchington, Margate. 11am start, Contact Capt if need of Transport help.
Wednesday	12th	Club Run, 6-7 miles Fartlec type of running
SUNDAY	16th	KENT FITNESS LEAGUE, Nurstead Court, Meopham, 11am start
Wednesday	19th	Club Run, 6 miles Windmill Hill Hilly run, Steady to hard efforts.
SUNDAY	23rd	Dartford 10 miles, R.R. or Club Run from Cascades see Capt.
Wednesday	26th	Club Run, 6-7 miles steady to brisk running for 5 miles.
SUNDAY	30th	Canterbury 10 miles R.R. or Club Run from Cascades see Capt

FEBRUARY 2010		
Wednesday	2nd	Club run, 6-7miles Steady Running, brisk finish.
SUNDAY	6th	Ashford and District 10K or Club Run from Cascades see Capt.
Wednesday	9th	Club Run, 6-7 miles Fartlect type run.
SATURDAY	12th	Kent League Cross Country, Hew Barn, Swanley, Start time 12.00 midday.
SUNDAY	13th	Dover 1/2 marathon. or Club run from Cascades see Capt.
Wednesday	16th	Club Run, 6-7 miles steady running, may be extended for those marathon Training.
SUNDAY	20th	KENT FITNESS LEAGUE, OXLEAS WOOD, Start 11am.
Wednesday	23rd	Club run 6-7 miles Windmill Hill. Hilly run, as last time.
SUNDAY	27th	Tunbridge Wells 1/2 marathon

MARCH 2010		
Wednesday	2nd	Club run, 6-7miles Steady Running, brisk finish.