



# Are you ready for the c-c word?

Autumn's recent arrival has probably not escaped your notice. However, given the unseasonably warm and sunny days that we've been enjoying lately, the thought that winter is only a few weeks away seems about as believable as Gordon Brown's latest claim that "I run a lot to keep fit".



Nonetheless, October's cold, crisp mornings and mild, windless afternoons make it an ideal month for getting in a relaxing run, or some good quality training sessions. And, with the cross-country season just around the corner, there's no better excuse for heading out into the fresh air and getting off the beaten track.

October sees the start of the Hampshire Cross-Country League which, for those who've recently joined SGRAC, is a popular five race series that takes place on Saturday afternoons and is run over distances of roughly four-and-a-half to five miles.

As usual, this year the league opener is at Farley Mount, near Winchester, on Saturday 10<sup>th</sup> October. The second race will take place near Goodwood Racecourse on Saturday 7<sup>th</sup> November.

Although the standard is fairly high, the HXCL is open to runners of all levels and abilities, with every runner across the line scoring for their club regardless of how fast they've run, or how high up the field they've finished.

The Today's Runner XC series also starts in November. These races take place on Sunday mornings, and there are seven fixtures which are all in the region of four to five miles. Conditions underfoot can be variable, so off road footwear (studs or spikes) are recommended.

The Today's Runner XC series is an ideal introduction for those who've never run cross-country before. The races have a



**Park life:** Is there a better way to spend a Sunday morning?

friendly, relaxed atmosphere, and faster runners are excluded, giving other club members the opportunity to finish higher up the field and to score for their team.

See the cross-country page (page 3) for more information about the HXCL and TR leagues and for the full fixture lists. The fixtures can also be found on the website, along with directions to each venue - see <http://www.sgrac.net/html/cross-country.html>

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All articles and notices for The Green Runner need to be submitted by the **15<sup>th</sup> of the month at the latest** (however, the earlier the better).

Please send your submissions to Tracie Jarvis - email: [tracie.jarvis@ntlworld.com](mailto:tracie.jarvis@ntlworld.com)

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