

What is the harrier league?

It's a **series of 6 cross country races** for clubs in the North East of England. You have to be a member of a club to take part & you have to wear your club vest to compete. You get one number that you keep & wear at each race. You don't have to compete in them all & you can start at any point in the season, but the more the merrier! The races take place at different venues across the North East, with a wide variety of terrains included.

The League has a **handicap system** with slow, medium and fast packs. In the senior men's race (approx 6miles) the packs start at 2.5min intervals with the slow pack starting first. A slow pack runner who finishes in the top 30 goes up into the medium pack. A medium pack runner who finishes in the top 20 goes into the fast pack. The senior women's packs start at 2min intervals, with a top 10 finish seeing you promoted into the next highest pack (races approx 4miles).

The league has divisions. **Runners score points for their club depending on where they finish.** The finish position of the club's first 6 men (3 for the women) finishers are added together for the team score. Teams are then ranked (men & women separately) and vie to win their division. For 2012-2013 season the Poly's men's & women's teams are both in Division 1.

This scoring system means that **all runners make a difference**, even if they don't finish as one of the counters, as they influence the position of runners from other clubs who might be one of their club's counting athletes.

The club's annual senior cross country prize is based on performance in the Harrier League. Participation is rewarded as well as performance, so everyone has a chance! There are **races for junior age categories** as well (see timetable overleaf).

You **don't have to be of a particular standard to take part**, so even if you're new to running you can give it a go. **All abilities are represented.** But **you will need spikes** or trail shoes. A love of mud also helps!

Timetable of events on the day

Races for the different age & gender categories are run according to the timetable below at each event (they vary a little from course to course depending on its length so always be there in plenty of time):

12:15 Combined Boys & Girls under 11**

12:30 Boys under 13

12:35 Girls under 13

12:50 Boys under 15

12:55 Girls under 15

13:15 Senior Men

14:00 Junior men under 17

14:30 Senior Women & Under 17/20 Women

**The Wrekenton fixture does NOT have an under-11 race.

Who do I contact to take part?

Ask **Ian Woodward** at the clubhouse to make sure your name is on the list. **Free for you to enter.** Entry on the day is possible, but make sure you come early. If there are non-Harrier league cross country events (see below) you wish to run, mention those to Ian too.

Other XC fixtures

Other non-Harrier League fixtures that might be of interest include:

Sat 8th Dec 2012 - North East XC Championships, Hartlepool

Sun TBA January 2013 : Durham Cathedral Relays

TBA : North of England XC Championships, Venue TBA
23 February 2013 : English National XC Champs, Parliament Hill London

TBA : VAANE (Veteran's) Cross Country Championships

NB: Fixture dates are correct at the time of writing, but can be subject to change. Some events may be cancelled in adverse weather.



North Shields Poly

Start Fitness North East Harrier League Cross Country Fixtures 2012-2013

Details & directions

Summary Dates:

Sat 29th Sept 2012 - South Shields *
Sat 27th Oct 2012 - East Cramlington
Sat 17th Nov 2012 - Blaydon
Sat 15th Dec 2012 - Bedewell Park
Sat 9th Feb 2013 - Wrekenton
Sat 2nd Mar 2013 - Alnwick
Sat 23rd Mar 2013 - Prudhoe

*Sherman cup/Davison Shield. This event is run as a straight race without the handicap system & is not officially a Harrier League race.

1. Temple Park, South Shields*

Date: Saturday 29th September 2012

Location: Temple Park, John Reid Road, NE34 8QN

Directions: South on A19 through tunnel, left onto the A194 Leam Lane, right onto A1300 John Reid Road, straight on at roundabout & follow signs to leisure centre (involves going right round the roundabout at the cross roads with A1018 - follow signs to leisure centre)

Description & Facilities: Great flat course, good ground. Good changing & toilet facilities. Good for spectators

Parking: Ample parking

*Sherman cup/Davison Shield (not officially Harrier League)

2. East Cramlington Nature Reserve

Date: Saturday 27th October 2012

Location: On the B1326 (Lamb St), NE23 6SF*

Directions: Travel North on the A192 from Earsdon, go straight on at the roundabout through Seaton Deleval and the mini-roundabout after that, then turn left at the next small roundabout. After a sharp right then sharp left hand bend, the nature reserve is on the right.

Description & Facilities: Nice course with relatively small hills. Good for spectators, plenty of opportunities to see the runners during laps. No changing or toilet facilities near the start of the race.

Parking: Limited inside the reserve. Ground prone to be very muddy, cars often get stuck. Share if you can.

*Post code for nearby care home; follow temporary signs to the fixture

3. Shibdon Pond, Blaydon

Date: Saturday 17th November 2012

Location: B6317 Shibdon Road, NE21 5LU

Directions: South on A1 across Blaydon Bridge, take 1st slip road and turn right at the roundabout onto A694. At the next small roundabout turn right onto the B6317 and the course is a little way along on the right hand side

Description & Facilities: Short flat course on mostly good ground. Lots of tight turns. Good for spectators. Very limited facilities (1 toilet with long queue; some bushes (leafless in winter...))

Parking: Limited parking near the course. Some in local housing estates. Share if possible.



4. Bedewell Park, Monkton**

Date: Saturday 15th December 2012

New course to Harrier league, details not known

** This fixture may take place at Temple Park, South Shields

5. Wrekenton, Gateshead

Date: Saturday 9th February 2013

Location: B1296 Old Durham Rd, NE9 6RZ

Directions: South across the Tyne Bridge & onto the A167, go over the flyover for the 1st roundabout then turn off at the next roundabout onto the 2nd exit (B1296). Continue past the QEII hospital for about half a mile and the school is on your left. The course is a short walk from the car park.

Description & Facilities: Nice course on rugged ground (soft in places) with a few steep inclines. Not bad for spectators. Toilets & changing facilities quite near the start/finish area.

Parking: Limited parking at the school. Some on Harebell Road behind the school (turn onto Sundew Rd & take 4th left)

6. Alnwick, Northumberland

Date: Saturday 2nd March 2013

Location: Alnwick Pastures, NE66 1YU

Directions: North on A1, take turn off to Alnwick onto A1068. At roundabout take B6341 (2nd exit) and follow signs to Alnwick Gardens.

Description & Facilities: Good traditional cross country course with a variety of terrain and some steep inclines/descents. Limited facilities at the start/finish area. Good for spectators.

Parking: Ample parking at Alnwick Gardens car park (have to pay). A reasonable but easy walk to the start.

7. Prudhoe, Northumberland

Date: Saturday 23rd March 2013

Location: Moor Rd, Prudhoe, NE42 5LJ

Directions: South on A1 across Blaydon Bridge, take 1st slip road after the bridge and take the 2nd exit onto the A69 (the 1st main exit). Straight on at next roundabout and carry onto the A695. Continue on A695 through 4 roundabouts and take a left turn onto the B6395. Drive into Prudhoe & turn left onto South Rd. Turn right onto Moor Rd and park (considerately) near the school. Follow the signs to the start (a fair walk).

Description & Facilities: Very hilly rural course on 'rugged' terrain. Not good for spectators (most of course not visible from start/finish area). No close toilet or changing facilities.

Parking: Very limited in local housing estates. Share cars.
