

Bedford and County AC Juniors

Cross Country 2025-2026



Welcome to Bedford & County AC Cross Country for 2025-2026. Here is a summary for this season and some helpful hints if you are new to the sport! If there is anything you're unsure of, don't hesitate to ask one of the coaches, or pop a message to Jodi via Spond (Boys team) or Felicity (Girls team).

Ways to get involved

Chiltern League: U11 upwards, points are awarded based on finishing positions, working towards being crowned the champion teams! More info can be found on chilterncccl.co.uk

Championship races: U13 upwards. Individual events, which are regional / national level. Team medals are also up for grabs!

Relays: U13 upwards. Teams of 3 are selected, with up to 3 teams per age group, we may have non-travelling reserves depending on numbers. These are great team events.

County Championships: U11 upwards, these are self-entry, information will be sent out as soon as it is available

School fixtures: Ensure your child speaks to their school PE dept about district cross country, events are usually held in January with the opportunity to be selected for English Schools in March

Essential kit

- Bedford & County vest. Can be ordered from Felicity at: clubkitsales@bedfordandcountyac.org.uk
- Spikes. It's always handy to have a selection of spike length to adapt to the course conditions. For most conditions a mixture of 9mm and 12mm will be suitable, but for extra dry or muddy conditions, 6mm and 15mm are useful.
- Gaffer tape. Some mud has been known to steal shoes mid-race!

Other kit tips

- Other club kit is ordered through No Limitz: Bedford & County Athletic Club - No Limitz
- Spare socks and clothes. Wellies for the course walk can help to keep your feet dry.
- Bin bags ready for the washing!

Confirming availability

- Boys: All fixture details are on Spond, please ensure you confirm your son's availability by the deadline, as there are some events that are very strict about not accepting late entries.
- To join Spond use this link: <https://spond.com/invite/PYQDA>
- Girls: Please confirm to Felicity via email: felicityharper@hotmail.com
- Fixtures can be found on the club website: [Bedford and County Athletic Club - fixtures \(bedfordandcountyac.org.uk\)](http://Bedford and County Athletic Club - fixtures (bedfordandcountyac.org.uk))



On the day

- Check car parking and the timetable carefully, please allow plenty of time for bottlenecks when parking. Bigger events do require payment for parking, information will be sent out to all athletes taking part.
- Plan to meet arrive at the team tent at least 1 hour before the start of your child's race. This will give time for a walk of the course, to warm up and make your way to the start.
- We always attempt to take a picture of the age group teams either before or after the run. We will always be grateful of someone to do this so our success can be shared on the club social media. Do reach out to us if you have any concerns with this.
- Results will be shared as soon as they are available.
- Most of all, enjoy!