

London Youth Games Cross Country Trials

The final Cross Country trial will take place this Saturday 3rd October at parkrun.

You **must** complete the online application form by Sunday at Midnight for your time to be considered for selection in the team. Late applications will not be accepted. If you still wish to trial, have trialled but not yet signed up then please complete the online application form available from www.richmond.gov.uk/londonyouthgames.

All of the information on how to trial can be found below.

Cross Country 2016

The Cross Country competition will be held on Saturday 14 November 2015 at Parliament Hill.

To be eligible to compete for Team Richmond in the Cross Country, competitors must live or go to school in the London Borough of Richmond upon Thames and be born between 01/09/98 and 31/08/05.

Age categories

U11's – born between 15/11/2004 and 31/08/2005

U13's – born between 01/09/2002 and 14/11/2004

U15's – born between 01/09/2000 and 31/08/2002

U17's – born between 01/09/1998 and 31/08/2000

How to trial

- You must be registered with parkrun no later than 6:00pm on the Friday before you wish to run. Please remember to take your barcode with you to the trial! www.parkrun.org.uk/register
- Please complete the online application form available from www.richmond.gov.uk/londonyouthgames by Sunday 4 October 2015, late entries will not be accepted. You will be asked to submit your parkrun registration number here.
- The Sports Development Team will select the fastest male and female runners in each age category and you will be notified by e-mail during the week of 5 October 2015 if you have made the team.

Where/when are the trials?

The trials take place at parkrun, every Saturday at 9:00am. You can take part in more than one run and we will take your fastest time between Saturday 29 August and Saturday 3 October 2015. For more information on the routes please visit www.parkrun.org.uk. Please note: There are four parkruns in the borough, Bushy Park, Crane Park, Old Deer Park and Richmond Park.

For more information please see the flyer attached.

There is also an option on the application form to apply to trial for the Mini Marathon team as well. This competition will take place on Sunday 24 April 2016.

Facebook: [TeamRichmondLYG](https://www.facebook.com/TeamRichmondLYG)

Twitter: [TeamRichmondLYG](#)

If you have any questions please do not hesitate to get in contact.

Kind regards,

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www.richmond.gov.uk/sports