

UK Inter-Counties Cross Country: March 2019

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The UK Inter-County Cross Country Championships heads back to the grounds of Prestwold Hall in Loughborough for the second year in succession on Saturday 9th March 2019.

A West Wales team has again been selected and selection letters posted in December for athletes in Under 13, Under 15, Under 17, Under 20 and Senior categories. **REPLY SLIPS MUST BE RETURNED BY THURSDAY 31ST JANUARY 2019**

. If no reply by this date, then reserves will be called to compete.

All West Wales competitors must wear a West Wales vest.

No coach is provided this year. All competitors to make their own travel and accommodation arrangements. A grant of £25 will be made towards costs of competing. Payment made after the event.

