

Cross Country

Why try Cross Country?

Running improves cardiovascular fitness and can help de-stress young people. We aim to make our run sessions varied and fun, suitable for recreation and catering for excellence, but most importantly supporting those who want to be the best they can be.



Who can do it?

Anybody who can happily run three miles at a steady pace; we cater for all abilities, from base level up to English Schools' standard. Pupils can choose to run for fitness, for fun or to compete at local or county events. We can support athletes by offering yoga for flexibility, swimming for fitness and core stability circuit sessions. Somerset offers varied running environments, with challenging hills, woodland and amazing views. Juniors can become involved with the Mendip Area Cross Country League (a schools team event) and the English Schools' Cross Country Cup; and for the Seniors the Street 5k Series, English Schools' Cross Country, National Relays and the Gwent League. There is a small schools' competition series too.



Highlights from 2019-20

- Students raced the Gwent League and had fun training along the coastal paths and beaches around the south coast
- The junior boys' team of six made it through to the ESAA Regional Finals of the Cross Country Cup
- The junior girls' team made the National Finals in South Yorkshire
- Fourteen students across all age groups represented Somerset at the ESAA National Finals as individuals in Liverpool

Looking forward to 2020-21

- A new intake of boys and girls into the training group to replace the Upper Sixth leavers, helping them grow into competent professional athletes
- More opportunities to race competitively

Master-in-Charge: Jason Allen
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Coach: Abi Tickner



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High performance

A professional coach and several enthusiastic and experienced staff train our pupils. We are able to offer strength and conditioning, coordination with athletics training/fitness, core stability sessions and swimming to help support our high performers. We link with Wells Harriers and Gwent League races, so pupils can be supported with their club training. We encourage pupils to keep a training diary, provide input into healthy eating for sport, and provide occasional input from external endurance experts.



Success stories and future stars



After a season of cross country racing, Millie and Elise placed first and second in the ESAA Athletics Finals at the 1500m Steeple Chase. Both went on to represent England.



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