

# CROSS COUNTRY

DISCOVER BRILLIANCE

## HEAD OF CROSS COUNTRY

Jason Allen

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Jason Allen  
Head of Cross  
County



Charlotte Fisher  
Lead Coach

Jason has been involved with the cross country programme for 14+ years and consistently introduces students to a brilliant sport they may not have tried before.

## HIGHLIGHTS

- Students raced the Gwent League and had fun training along the coastal paths and beaches along the South West coast in 2023
- 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
- 14 students attended the National Cross Country Finals 2023
- New intake of students benefitting from training sessions, helping them grow into competent, professional athletes
- More opportunities to race competitively



BE AUTHENTIC BE BRILLIANT BE CURIOUS BE DISRUPTORS BE KIND



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## THE PROGRAMME

### WHAT TO EXPECT?

A professional coach and several enthusiastic and experienced staff train our students. 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 work with Wells Harriers and Gwent League Races, so students can be supported with their club training. We encourage them to keep a training diary, provide input into healthy eating for sport, and provide occasional input from external endurance experts.

### 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. Students 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.

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