



SURREY CROSS-COUNTRY DEVELOPMENT DAY - MONDAY 19th October 2026

"YOUR GOALS ARE THE ROADMAPS THAT GUIDE YOU AND SHOW YOU WHAT IS POSSIBLE"

Les Brown

NOTE: for drop off and/or collection - Parents should park up in Car Park A/B and walk to the Sports Centre using the path that runs alongside the athletics track.

U12 Primary – Yr6 (=19)		U14 BOYS Yr 7-Yr 8 (=16)		U14 GIRLS Yr 7-Yr 8 GIRLS (=19)		U16(9-10), U18 (11-12), U20 (13) (=19)	
Time	GROUP A	Time	Group B		Group C		Group D
9.30 – 10.00	DANCE STUDIO: This is <u>within the Sports Centre</u> & is our base for the day as well as being the location of all indoor activities for the day. WELCOME: Jeff Manson. Register + completion of Goal Setting for future Success @ XC Championships.						
10.00– 11.00	Dance Studio: Jo Davis Benefits of Visualisation.	10.00– 11.00	Fields: Julian Goater Pitch 3/Tennis Court Team Drills & Endurance	10.00– 11.00	Running Track: Rodger Hughes Improving running drills for finishing speed		Aqua Jogging Swimming Pool: Lesley Taylor, Peter Shilling, + Kathryn Scott (+Rachel Disley) Improving running form & Fitness
11.00 12.00	Running Track: Rodger Hughes Improving running drills for finishing speed	11.00 12.00	Dance Studio: Jo Davis Benefits of Visualisation.	11.00 12.00	Aqua Jogging Swimming Pool: Lesley Taylor, Peter Shilling, + Kathryn Scott (+Rachel Disley) Improving running form & Fitness		Sports Centre (left side): Louise Evans S and C for runners – long term plan & pulse checking
12.00 - 1.00	Aqua Jogging Swimming Pool: Lesley Taylor, Peter Shilling, + Kathryn Scott (+Rachel Disley) Improving running form & Fitness	12.00 - 1.00	Sports Centre (left side): Louise Evans S and C for runners – long term plan & pulse checking	12.00 - 1.00	Dance Studio: Jo Davis Benefits of Visualization.		Fields: Julian Goater Pitch 3/Tennis Court Team Drills & Endurance
	1.00 – 1.30 Dance Studio: LUNCH						
1.30- 2.30	Fields: Julian Goater Pitch 3/Tennis Court Team Drills & Endurance	1.30- 2.30	Running Track: Rodger Hughes Improving running drills for finishing speed	1.30- 2.30	Sports Centre (left side): Louise Evans S and C for runners – long term plan & pulse checking		Dance Studio: Jo Davis Benefits of Visualisation.
2.30 3.30	Sports Centre (left side): Louise Evans S and C for runners – long term plan & pulse checking	2.30 3.30	Aqua Jogging Swimming Pool: Lesley Taylor, Peter Shilling, + Kathryn Scott (+Rachel Disley) Improving running form & Fitness	2.30 3.30	Fields: Julian Goater Pitch 3/Tennis Court Team Drills & Endurance		Running Track: Rodger Hughes Improving running drills for finishing speed
3.30 - 4.30	Dance Studio: Poppy Guest (AFD and Surrey regular with incredible record of Success @ English Schools, CAU, ECCA, South of England and Nationally) will share her story and steps from Lily B and local success in 2021 to National successes in 2026. An international athlete with champions mindset. (She did it, so can you!)						



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HOW TO FIND US – From the Car Park Drop off walk along the path skirting the Running Track (one of earliest in Surrey!) towards the NEW sports Centre (there is an old Sports centre so follow running track)

KEY BUILDING = SPORTS CENTRE – Enter the door and go straight past Pool on Right and down the steps at the left towards the Dance Studio.

OUR BASE FOR THE DAY = DANCE STUDIO
– Parents can collect athletes from the Studio 4.15-4.30 pm.