



SELBORNE COLLEGE

2026



MASTER-IN-CHARGE: MR S GRANT

CROSS COUNTRY



PALMA VIRTUTI

reallygreat
site.com



SELBORNE COLLEGE

CROSS COUNTRY MORE THAN A SPORT

Cross country is more than running. It is the disciplined pursuit of personal excellence over distance, terrain, fatigue and doubt. At Selborne, cross country forms boys into young men who understand that success is earned through perseverance, humility and consistent effort.

There are no shortcuts in cross country. Every kilometre must be run. Every hill must be climbed. This develops resilience, grit and mental toughness. A runner learns that quitting is a choice and perseverance is a habit.

Leadership in this sport is quiet but powerful. Senior boys set the pace in training, model discipline in preparation and encourage teammates when races become demanding. Every position contributes to the team result. Boys learn that individual effort influences collective success.

The sport demands excellence not only in performance but in preparation. Nutrition, rest, time management and academic balance become essential. Athletes learn that representing Selborne is an honour requiring integrity and discipline.

In a world where distraction is constant and perseverance is rare, cross country develops focus, self mastery and endurance. It builds mental strength that translates directly into academic life and leadership responsibility.

At Selborne, cross country is a formative experience that produces disciplined and resilient young men.



THE SELBORNE APPROACH

The vision of cross country at Selborne is to develop courageous young men who pursue excellence with humility, resilience and integrity, both on the course and in life, with a strong emphasis on team culture.

The programme follows a clear development pathway.

In the Junior Phase from U14 to U15, the focus is on enjoyment, skill development, aerobic foundation and injury prevention.

In the Intermediate Phase at U16 level, training includes increased mileage, tactical racing awareness and the introduction of leadership responsibilities within squads.

The Senior Phase from U17 to U19 concentrates on performance refinement, race strategy, mental conditioning and the mentorship of younger runners.



This progression is supported by a structured weekly training programme, individual goal setting meetings each term and data informed preparation through time trials, fitness benchmarks and league participation. Age appropriate strength training, core stability and injury prevention sessions form part of the conditioning framework.



Athletes compete in the Border Schools League, inter school fixtures and derby days, as well as provincial and national qualifying events, with additional events hosted locally. Training schedules respect academic priorities, and boys may participate in other sports where fixtures do not clash. Forward planning includes the establishment of a High Performance Squad, expanded derby hosting and a formal mentorship structure pairing senior and junior runners.

The Selborne approach combines discipline, development and culture to produce runners who compete bravely and represent the school with distinction.



EXCELLENCE IN ACTION

Cross country at Selborne competes consistently in league competitions and championship events.

League Participation

- Border Schools League
- Inter school fixtures
- Provincial trials and championships

Performance Indicators

- Multiple top ten league finishes
- Regular provincial representation at junior and senior levels
- Consistent team placements demonstrating programme depth

Running is a lifelong discipline. Former Selborne runners have progressed to university athletics programmes, student leadership roles and coaching positions.

Excellence in cross country is the product of courage in competition, hard work in unseen training sessions and disciplined preparation. The results reflect a programme built on integrity and consistency.

BORDER CROSS COUNTRY



STEPHEN TINHOF
U16



BEYOND THE TRACK

Cross country extends beyond races and training sessions.

Inter School Engagement

- Hosting of events on derby days
- Friendly time trials with neighbouring schools

Leadership Opportunities

- Team captains and vice captains
- Junior squad leaders
- Senior mentorship responsibilities

The programme fosters belonging across age groups and strengthens brotherhood through shared effort.

At Selborne, cross country forms young men of courage, discipline and honour.





SELBORNE
COLLEGE

THE SELBORNE MAN

At Selborne College, we are not merely preparing boys to pass examinations, win fixtures, or collect accolades. We are forming young men.

A Selborne man is:

- **Intellectually Disciplined**
He thinks carefully. He questions respectfully. He pursues understanding rather than surface familiarity. He is not afraid of rigour.
- **Morally Grounded**
He understands responsibility. He acts with integrity when no one is watching. He knows that character is revealed in pressure.
- **Courageous in Effort**
He does not withdraw from difficulty. Whether in the classroom, on the field, or on the stage, he learns to persist.
- **Articulate and Thoughtful**
He can express his ideas clearly. He listens as well as he speaks. He engages the world with curiosity rather than cynicism.
- **Committed to Brotherhood**
He understands that strength is built in community. He supports others. He leads by example.
- **Prepared for the Future**
He leaves Selborne adaptable, capable, and ready to contribute meaningfully to society. Every subject, every sport, every society exists to shape these qualities.

That is the Selborne standard.

