



SOUTHPORT WATERLOO AC

(Affiliated to England Athletics and UKA)

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5th February 2025

Sefton Junior Schools' Cross Country Championships

When: Wednesday 19th March, races starting at 4.15 pm. Event should last just over an hour.

Where: Crosby Coastal Park just north of Crosby Lakeside. (satnav L22 1RR then continue down Cambridge Rd). Pay parking is available onsite. Toilets facilities will be available at Crosby Lakeside, a few minutes' walk from the Start / Finish area. There is open water and children must be kept under supervision.

Who for: Year 5 and 6 children in Sefton Junior Schools. There are 4 races: Yr 5 Girls | Yr 5 Boys | Yr 6 Girls | Yr 6 Boys, in that order. But large numbers may require us to split a race into 2 races for safety reasons.

How far: Year 5s run about 2 km and Year 6 approx 2.5 kms.

What is the cost: £2.50 per runner.

How do I enter a team: An entry form is enclosed with this letter and is also available on the schools' page of our web site at www.southportwaterlooac.co.uk/schools.html#xc Email that to us or send in the enclosed form. There is no limit to numbers; the first 4 will count for your school team. Please post or email entries before the week of the races. We will exceptionally accept entries on the day, from a school or an individual runner. But *please keep race-day entries to an absolute minimum as this can lead to delayed race starts.*

Are there awards to be won: Yes, awards for 1st, 2nd & 3rd individuals, and medals for the 1st 3 teams in each race. Individual awards should be made on the day. Team awards a day or so later. Full results will be published on the Southport Waterloo web site – see below. Schools also compete for an overall trophy - the **Southport Waterloo Challenge Trophy** – and there is also a trophy for schools with just one class per year group - the **Sefton Junior Schools Cross Country Cup**. Remember to tick the box on the entry form if that applies to you.

How are the overall schools' winners decided: Schools finishing a team will have the 1st 4 counters' positions totaled for each of the 4 races. Schools with a team in all 4 races will lose the poorest performance. The highest ranked school overall, ie lowest total positions, will then win. In the event of a tie, the best in head-to-head will win; if still tied, the best last placed counter will decide.

What else do I need to know:

1. *Schools are asked to bring along a first aider.*
2. Please pay with entry. Cheques payable to Southport Waterloo AC
3. Collect running numbers and pins (4 per number) on the day.
4. Larger schools can help by providing a marshal. £10 for each school doing so.

Thanks for your time and I look forward to seeing you next month.

Yours in sport

Ron Scott

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