



SOUTHPORT WATERLOO AC

(Affiliated to England Athletics and UKA)

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13th February 2018

To: All Junior Schools in Sefton

Sefton Junior Schools' Cross Country Championships

When: Wednesday 14th March, races starting at 4.10 pm. Event should last just over an hour.

Where: Birkdale Common, Southport, close to Hillside Station and Greenbank High School. Parking is available onsite but cars parked mainly on grass at owner's discretion and risk. Toilets will be available onsite. Course is rough grassland with a downhill start and fast downhill finish.

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 for safety reasons.

How far: Year 5s run about 1.5 km and Year 6 approx 2 kms.

What is the cost: £1.60 per runner

How do I enter: Complete the attached entry form. An Excel copy is also available on the schools' page of our web site at www.southportwaterlooac.co.uk/schools.html#xc. There is no limit on numbers; the first 4 will count for your school team. Please post or email entries before the week of the races. We will accept entries on the day, either from the school or an individual runner. But *please keep race-day entries to an absolute minimum.*

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 on the day. Team awards a day or so later. Full results will be published on the Southport Waterloo web site. 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*.

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. Please note that we will not be providing external First Aid this year. The charge for just 1½ hours has been increased by 124% to £110. Schools are asked to bring along a first aider if at all possible.
2. Please pay with entry. Cheques payable to Southport Waterloo AC
2. Collect running numbers on the day.
3. Larger schools should help by providing a marshal. £10 to each school providing a marshal

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

Yours in sport

Ron Scott

Vice President Southport Waterloo AC and Race Director

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Birkdale Common. For Satnav, post code for Hillside Station is PR8 4TH



Year 5 Girls and Boys: 2 small laps for 1.5 kms
Year 6 Girls and Boys: 2 large laps for 2 kms