



SOUTHPORT WATERLOO AC

(Affiliated to England Athletics and UKA)

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8th February 2019

To: All Junior Schools in Sefton

Sefton Junior Schools' Cross Country Championships

When: Wednesday 13th March, races starting at 4.15 pm. Event should last just over an hour.

Where: Grassy common by The Promenade, Blundellsands. 'Pay & Display' parking is available onsite (£1 for 2 hours) and on-street parking available close by. Pay toilets (40p) are also available onsite. Course is fairly flat grassland, easy to run on and should provide for fast times.

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 1.5 km and Year 6 approx 2 kms.

What is the cost: £1.50 per runner

How do I enter: An Excel entry form is 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 on 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.*

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*. Remember to tick the box on the entry form.

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 are still negotiating with an external First Aid provider this year. Schools are asked to bring along a first aider if at all possible.
2. Please pay with entry. Cheques payable to Southport Waterloo AC
3. Collect running numbers on the day.
4. Larger schools should help by providing a marshal. £10 to 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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