

22nd March 2019Mr Stuart Turpin BA, QTS
Head of Games & PE
enquiry@herefordcs.com

Dear Parents,

www.herefordcs.com

Thank you for registering your child's interest in the Herefordshire AA Cross Country Championships which are being held at the Leisure Centre this coming Sunday (24th March).

The race timings are listed below along with brief information about the event itself, including where to collect your race number from.

As it is not a school event, children can run in whatever they feel most comfortable wearing. Trainers or spikes would be a good choice of footwear.

As you will see, there is no specific U8 race. However, I have entered any Y3 pupils in the Under 9 Year 4 race, which I feel they will be able to cope with and will be a valuable experience for them. The distance of the run (1000m) is slightly shorter than one lap of Wyeside. May I suggest that runners arrive in good time for their event (approximately 30 minutes before).

Race Times

Under 9 Girls Year 4 - 1000 metres **11.00 am**

Under 9 Boys Year 4 1,000 metres **11.05 am**

Under 10 Girls Year 5 1,000 metres **11.10 am**

Under 10 Boys Year 5 1,000 metres **11.15 am**

Under 11 Girls Year 6 1,000 metres **11.20 am**

Under 11 Boys Year 6 1,000 metres **11.25 am**

There will be a list of the athletes, their numbers and a map of the course at the gate and on the cabin at the Leisure Centre. Numbers are to be collected from the cabin.

Please note there will be no member of school staff present at this event, so children will remain the responsibility of parents throughout.

Should you have any questions regarding this event please do not hesitate to contact me via s.turpin@herefordcs.com

Yours sincerely,

Stuart Turpin

Head of Games & PE