



Chairman
Ken Holmes
01761 232 347

Secretary
Jim Strudwick
07971 439 703

Treasurer

**SOUTH WEST SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS
LANSDOWN RACE COURSE, BATH BA1 9BU
SATURDAY FEBRUARY 2ND 2019**

Dear athlete,

Congratulations on your selection for this event. **Please complete and return the confirmation, consent and kit requirements as soon as possible** (see below). Keep this first page safe, as it contains important information about the event.

Transport: Since this year's South West Championships are being held in Avon, we will not be providing transport. Athletes must make their own way to the venue (suitably accompanied by a responsible adult). Please note that there will be a small charge for parking.

On arrival, all athletes must report to the Avon team managers in the 'Covered Area', as indicated on the 'Site Map and Parking' on the Avon Schools website. **Please report by 11am at the latest**, as we need to hand out kit, declare teams, and managers will be busy with races later in the day.

Cost: The event cost will be **£5** per athlete, to cover event entry fees.
You can either:

- pay **online**, to Avon Schools AA, sort 40-17-32, account 71194836 (please quote athletes' name as ref.);
- or **post** a cheque to Jim Strudwick, 8 Chevening Close, Stoke Gifford, BS34 8NJ.

Please remember to include the cost of kit bought (see below).

Kit: All runners must wear county vest and, where possible, county shorts. Navy or black shorts or cycling shorts may be worn instead of county shorts, but only at these championships. County Vests and other kit are available to buy or borrow (see kit list below). Kit will be handed out at the 'Covered Area'.

Please check the weather forecast before packing. You will need to have a waterproof coat (and trousers if possible), warm clothing and suitable shoes to cope with muddy conditions. It is essential that you stay warm and dry if you are to perform well. Check your spikes, and talk to your coach and ask their advice on the length of spike they think you should wear. Please also bring spare, warm kit to put on after your race.

Please bring pins for your number and come ready to run.

Food & Drink: You will need to take a packed lunch and a drink in a non-breakable bottle, but do remember to ensure that you leave at least two hours between eating and your race.

Timetable: Maps and timetables are available on the Avon Schools Athletics Website (check for last minute changes). Provisional times are:

1.30pm	Senior Boys	1.55pm	Senior Girls	2.40pm	Junior Girls	3.20pm	Inter Girls
1.35pm	Year 7 Girls	2.20pm	Year 7 Boys	3.00pm	Junior Boys	3.40pm	Inter Boys

Athletes may return home with their parents after the last event, provided that they tell their team manager.

Confirmation to compete, consent and kit form

We are again using email to confirm athletes' availability and kit requirements. **There is a link on the website which should generate a preformatted email for you to complete.** Should that not work, please copy and paste the following into an email, completing / deleting items as applicable.

To: manager.cc@avonschoolsathletics.org.uk

Subject: South West Schools Cross-Country Confirmation & Kit

Athlete's NAME:

Athlete's Date of Birth:

I have the following allergies/intolerance to drugs:

IMPORTANT Parent/guardian please enter your name below to confirm
'I consent to the above-named athlete to attend the South West Schools Cross-Country Championships, and vest in the Avon Schools Team Managers the power to act in loco parentis at all times. In the case of injury or sudden illness, and the managers are unable to contact me immediately the need arises, I permit them to authorise medical treatment, including submission to an operation and administration of anaesthetic.'

NAME (Parent or Guardian):

Parent's MOBILE phone number:

I wish to BUY (delete those not applicable):

Vest / Classic shorts / Lycra shorts / Sweatshirt / Hoody

Sizes (for each):

I wish to BORROW (delete those not applicable):

Vest / Classic shorts / Lycra shorts

Sizes (for each):

PAYMENT (see letter)

Total due including £5 match fees is: £

I am paying: ONLINE / posting a CHEQUE

Avon Schools' County Kit is available as follows:

To purchase or borrow:

Vest (£12.50) Sizes: Small, Medium, Large

Classic Shorts (£12.50) Sizes: Small, Medium, Large

Lycra Shorts (£16.50) Sizes: Small, Medium, Large

To purchase:

Hoodies (£18.00) Sizes: Small (up to 38 inches/97 cm), Medium (up to 42 inches/107cm),
Large (up to 46 inches/118cm)

Kit will be handed out at the 'Covered Area'.

Medical Clearance: If you suffer from Asthma or any other medical condition that requires prescription drugs, you need to ensure that you have the necessary clearance from British Athletics. You can find further details on the British Athletics web site. Please check your medication and do it sooner rather than later as these things take time.