

English Schools' Cross-Country Championship
Sefton Park Liverpool
Saturday March 14th 2026

Competitors Race Chips, Numbers & Programmes

This year, we will use race bibs (numbers) with a chip attached to the rear of the number. These are DISPOSABLE and can be discarded as waste after the race.

Numbers must be pinned securely on the front of County vests. (ESAA does not provide Pins)

Any mutilation or folding of these numbers will lead to disqualification and the chip will not record the finishing position or time.

Championship Notes for the Start of Each Race.

Competitors should assemble in the area behind the start in plenty of time before their race.

Competitors will be allowed into the start area 5 minutes before the beginning of each race. A warning will be given 3 minutes before each race. At this time, competitors should assemble behind their start pen.

With 1 minute to go competitors will be instructed to move into their start pen and line up in race order by the Start Stewards.

Competitors should listen carefully to any last moment instructions given by the Starter.

The start will be by gun

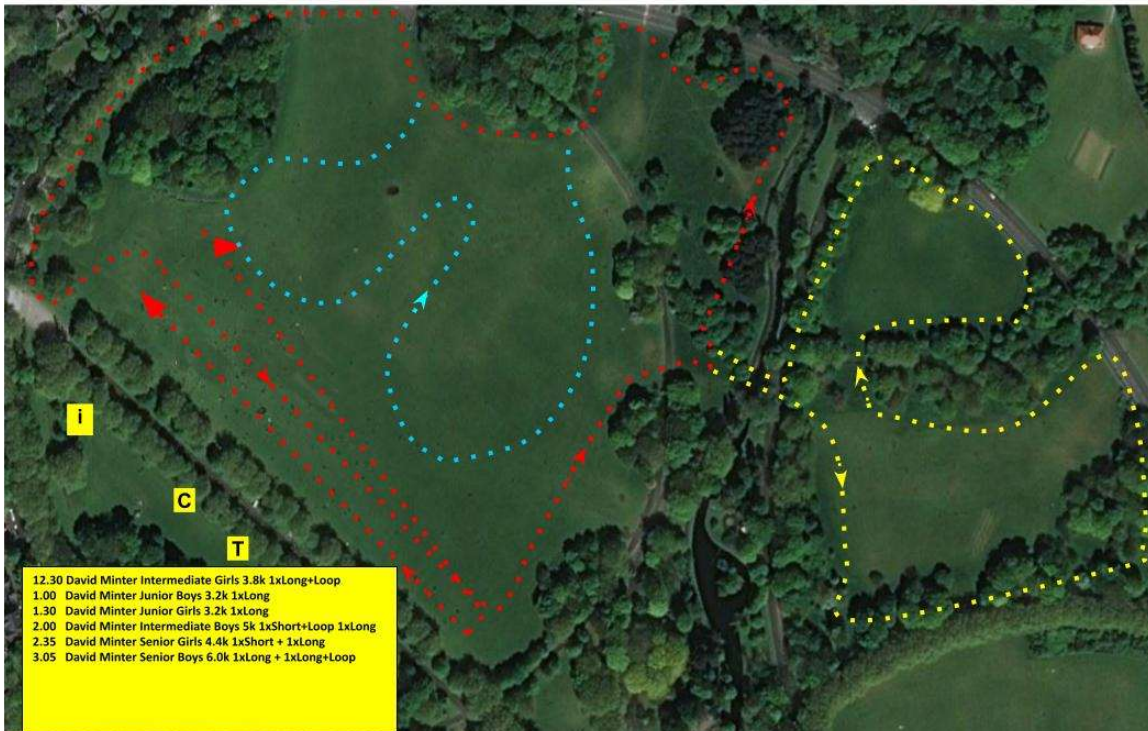
Numbers must be securely pinned on the front of the County vest – any mutilation or folding of these numbers may lead to disqualification

Timetable

- 9.00 a.m. Championship Site Open
- 9.30 a.m. Championship Course Open for Inspection
- 10.00 a.m. Declarations open
- 11.00 a.m. Officials meeting
- 12.00 a.m. Declarations Close and Championship Course should be cleared for a final inspection

12.30 p.m.	David Minter Intermediate Girls Championship.	3.8km
	Followed by the Individual Presentation	
1.00 p.m.	David Minter Junior Boys Championship.	3.2km
	Followed by the Individual Presentation	
1.30 p.m.	David Minter Junior Girls Championship.	3.2km
	Followed by the Individual Presentation	
2..00 p.m.	David Minter Intermediate Boys Championship.	5km
	Followed by the Individual Presentation	
2.35 p.m.	David Minter Senior Girls Championship.	4.4km
	Followed by the Individual Presentation	
3.05 p.m.	David Minter Senior Boys Championship.	6km
	Followed by the Individual Presentation	

Course Map:



i : Enquiries Caravan T : Toilets P:Presentations short lap loop long lap
 F : First Aid C : Team Tents I : International ▶ start ◀ Finish

Public Car Parking (General Public)

General public will park in and around the park.

County Coaches

County coaches will park around the circumference of the park as directed by the parking stewards

Presentations

Individual presentations will be made, as each race is completed. Please ensure that your Team Stewards as well as competitors know of this arrangement. This does mean that the individual competitor(s) concerned will be presented with their award BEFORE reporting to the International Room.

Team Race presentations will take place as soon as possible after the race result is confirmed. Announcements will be made as to when a presentation is imminent. The presentation of the Aggregate Team trophies will no longer take place at the end of the Championship, but results will include these scores.

International Team Selection

The 10 Athletes invited to represent ENGLISH SCHOOLS' A.A. in the SIAB International on Saturday 21st March in Bangor Wales will be selected from the JUNIOR and INTERMEDIATE age groups.

There is an additional mixed relay race in both the Junior and Intermediate age-group this year, therefore two additional runners will be selected from the Junior and Intermediate boys' and girls' races making it 10 athletes selected to represent England in the SIAB Cross Country.

The top 12 runners (2 of whom, 11th & 12th placed finishers will be registered as reserves) will be escorted from the finish by ESAA officials to the International Tent.

Once in the International tent there will be a brief team meeting explaining travel details plus envelopes will be handed out containing all the information required for the international. It is essential that athletes can access a mobile phone in the international tent in order to register their contact details for the International event on 'Google' Forms. Athletes will also collect their international kit.

It is essential that each competitor is accompanied by a parent / adult who can clarify arrangements for the international with the International Team Managers as there are only a few days in which to finalise arrangements for the International.

Race Results:

By using the link below, you will be able to locate race results as soon as these are posted.

<https://frsys.uk/esaa>