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Secretary
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ENGLISH SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS

Ardingly Showground, Ardingly, East Sussex RH17 6TL

SATURDAY 15th MARCH 2025

Dear athlete,

Congratulations on your selection for this event. **Please complete and return the confirmation, consent and kit email as soon as possible** (see below).

Transport: We will be taking a coach to the event, but if parents wish to travel and watch then athletes may go down with them. Please let us know on your return how you plan to travel. There is only one pick-up point:

Bristol Parkway Station (BS34 8PU) 7:30am

Event Information: The course map and timetable, and a separate site map have been posted on the Avon Schools AA website on a separate link. Please check back in case of any late updates.

No dogs are allowed in the showground.

Arrival and Parking:

- For public parking, please access the course through the South Gate (see site map), What3Words ///defend.uncouth.drag
- An entrance charge of £5 per adult will be made, which includes a programme;
- On arrival, look for the pale blue AVON flag which will indicate where we are based;
- Please aim to arrive 90 minutes before your race. This will give you time to meet your team manager, collect kit and inspect the course.

Cost: The event cost will be **£40** per athlete, regardless of whether you use the coach or not. You can either:

- pay **online**, to Avon Schools AA, sort 52-10-05, account 99013738 (please quote athletes' name as ref.);
- or **post** a cheque ('Avon Schools AA') 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 shorts. Kit is available to buy or borrow (see below).

Please check the weather forecast before packing. You will also need to have a waterproof coat (and trousers if possible) and warm clothing (including spare socks) for before and after the event. It is essential that you stay warm and dry if you are to perform well. Please check that you have shoes, preferably long enough spikes, to cope with muddy conditions.

Please also bring spare, warm kit to put on after your race, 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 leave at least two hours between eating and your race.

Medical Clearance: There may be anti-doping drug testing at this event (see statement at the end of the letter). Please keep a note of any medicine (whether prescribed or over the counter remedies) taken in the 7 days leading up to this event. You do not need to give this to anyone, unless selected for drug testing. A team manager will always accompany any athlete selected for testing. Athletes who expect to compete at an international level should check whether they need a full Therapeutic Use Exemption (see the TUE page of the UK Athletics website).

On your confirmation and consent return we only need to know of any condition which might present a problem on the day, for example should you need medical treatment (e.g. intolerance to drugs).

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

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To: manager.cc@avonschoolsathletics.org.uk

Subject: English Schools Cross-Country Confirmation + Kit

Athlete's NAME:
Athlete's Date of Birth:
Category: Junior (Y8+9) / Inter (Y10+11) / Senior (Y12+13)
I wish to: Travel on the coach / make my own way there
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 / 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 £40.00 match fees is: £
I am paying:  ONLINE / posting a CHEQUE
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County vests and shorts are available to buy (price as indicated) **or borrow** (for free, return afterwards**):**

Vest (£16.00)	Sizes:	Small, Medium, Large
Classic Shorts (£13.00)	Sizes:	Small, Medium, Large
Lycra Shorts (£17.00)	Sizes:	Small, Medium, Large

County hoodies are available to buy only:

Hoodies (£20.00)	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 on the coach / arrival at the event. Please return borrowed kit before returning home.

UK Athletics Anti-Doping Statement: "An entrant shall be deemed to have made him/herself/their self, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the licence holder is a citizen of, or resident in, the UK."