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ENGLISH SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS

Sefton Park, Liverpool
Saturday 14th March 2020

Dear athlete,

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

Transport: All athletes must travel on the team coach, which will leave from **Parkway Station at 2pm on Friday, 13th March**. There is just one departure point.

Accommodation and Meals: The event will entail an overnight stay at YHA Manchester, Potato Wharf, Castlefield, Manchester, M3 4NB. An evening meal on Friday night, and breakfast on Saturday morning, will be provided, but athletes will need to share small dormitories.

Athletes should take a packed lunch for Friday, and food and drink for Saturday before and after the race.

Cost: The event cost will be £81 per athlete. This covers the cost of accommodation, breakfast, transport and race entries. We appreciate that this is a lot of money, and if requested your Head Teachers will be informed of your selection with a request that they consider helping with the cost. 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 Strudwich, 8 Chevening Close, Stoke Gifford, BS34 8NJ.

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

Kit: All runners must wear full county kit for the race, i.e. county vest and shorts, which can be purchased or borrowed. County hoodies are also available to buy. Kit will be handed out on the coach.

To purchase (as priced) or borrow (for free):

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)

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.

Parents and supporters: You are welcome to come and support, but must make your own way to the venue. Maps and timetables will be available on the English Schools Athletics Association website (www.esaa.net).

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

Homeward Journey

The return journey will take about 5 hours, and we are unlikely to arrive back at Parkway station before about 10pm on Saturday night. The coach will stop for a meal, but athletes will need money to pay for this. Please also plan to have some warm, dry kit available for the journey home.

We will get a better idea of the arrival time on the way home, and athletes will be able to phone ahead with our actual arrival time.

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: English Schools Cross-Country Confirmation & Kit

(Please delete options not applicable)

Athlete's NAME:

Athlete's Date of Birth:

I will return home by: Coach / With Parent

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 English 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 £81 match fees is: £

I am paying: ONLINE / posting a CHEQUE

Medical Conditions and Clearance: 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. asthma or intolerance to drugs).

There may be anti-doping drug testing at this event. 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 of 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).