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ENGLISH SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS
WOLLATON PARK, NOTTINGHAM
SATURDAY 18TH MARCH 2023 (Not as previously stated)

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).

Transport: Travel to the event will be by coach. **All athletes should travel on the coach** unless there are exceptional circumstances as to why this is not possible. **The coach will depart from Bristol Parkway at 7.00a.m. on Saturday morning.** Because we are travelling on the day of the event we can only have one pick up point due to restrictions on drivers hours.

Event Information: For full details of the event, including course map and public parking information, please see English Schools' Athletic Association website. **Please note that the car park charge at the event will be £10 per vehicle (cash or credit card).**

Cost: The event cost will be **£45** per athlete, to cover event fees, transport and administration. You can either:

- pay **online**, to Avon Schools Athletic Association, sort code 52-10-05, account number 99013738 (please quote athletes' name as ref.);
- or **post** a cheque (made to 'Avon Schools Athletic Association') 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 ensure that you leave at least two hours between eating and your race.

Timetable: Provisional race times are:

| | | | | | |
|---------|-------------|--------|--------------|--------|--------------|
| 12.30pm | Inter Girls | 1.30pm | Junior Girls | 2.35pm | Senior Girls |
| 1.00pm | Junior Boys | 2.00pm | Inter Boys | 3.05pm | Senior Boys |

Medical Clearance: There may be anti-doping drug testing at this event (see statement below). 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

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) Girl/Boy

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 will return: By Coach / With Parent

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 £45 match fees is: £

I am paying: ONLINE / posting a CHEQUE

County Vests and shorts are available to buy (price as indicated) or borrow (for free):

Vest (£14.00) Sizes: Small, Medium, Large

Classic Shorts (£13.00) Sizes: Small, Medium, Large

Lycra Shorts (£17.00) Sizes: Small, Medium, Large

NB: Lycra shorts are on order but might not arrive in time for the event.

County Hoodies are available to purchase only, and we currently have very low stock. Please indicate on your return if you want to buy one, ***but don't include payment***. If we have one available in your size, we'll allocate it to you and let you know for payment. We do also have a number of County Sweatshirts available free of charge. These are unworn but old stock.

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. 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."