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THE ENGLISH SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS

Pontefract Racecourse

Saturday March 16th 2024

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 and Accommodation: On this occasion we will not be travelling or staying together as a country. Athletes are asked to make their own way to the venue, and if desired to arrange their own accommodation. Please contact us if this will cause problems.

Arrival and Parking:

- Athletes should report to the **Avon Tent** at least **75 minutes** before their race start time;
- There will be a £5 charge for parking (but this does include a programme).
- Please see the website for links to travel directions, parking, race times and course maps on the English Schools' website. Please check back for any changes prior to travelling.
- Parents of the first / last races: If you could help erect / disassemble the county tent it would be much appreciated, as some of our team managers have limited mobility.

Cost: The event cost will be **£20** per athlete, to cover event fees and administration. 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: It is recommended that you bring a packed lunch and a drink in a non-breakable bottle. There will be food outlets on site, but these may not be suitable for a pre-race snack.

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).

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."

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 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 £20.00 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, return afterwards):

Vest (£14.00) 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 arrival at the event. Please return borrowed kit before returning home.