



8th February 2019

Dear Parent/Carer,

Your child has been selected to participate in the fourth Cross Country Event in the Schools Championship on Tuesday 26th February at St Columbus School.

Your child will need to wear suitable running shoes, shorts, leggings or tracksuit bottoms. Please wear camp school PE shirt and I suggest a long sleeved base layer underneath. Please ensure they have a water bottle and arrive by **3.40pm** the latest so they can be ready to warm up and prepare. They will be able to finish school 15 minutes earlier and be changed and ready to leave by 3.15pm.

Race details below:

GIRLS 4.00 PM BOYS 4.10 PM approx.

We have been instructed **NOT** to park at St Columbas, instead use Westminster Lodge car park by the running track. There is a gate at the bottom of St Columbas and a path onto the school premises. **Please do not enter their grounds until after 3.30pm.** Make sure all drivers collect a free parking ticket. Failure to display one could lead to a fine.

Children will line up at the start, with the fastest 2 at the front the next fastest 2 behind them etc. This is to ease overcrowding and ensure a safe start. The course is 3 laps and is 1300m approx., suitable for spikes (if you have them) and with a pleasant uphill stretch on each lap.

Please contact me if your child would like to participate but there are transport difficulties.
(Julianne Nightingale **07812 930665**)

Please complete the form below and hand it in asap (and text me if your child can't participate so I can offer the place to someone else).
For your information, the final race will be Thursday 14th March at Garden Fields School.

Kind Regards,

Julianne Nightingale

My child _____ in Year _____ is able to participate in the Cross Country Event on Wednesday 8th march

I will bring my child to the event and take them home (or make alternative arrangements)

Signed _____