



KENT SCHOOLS' CROSS COUNTRY CHAMPIONSHIP

Parents' Letter 2

Wednesday 10th January 2024

This letter is for parents/carers and teachers of those pupils selected to run for Thanet district at the Kent Schools' Cross Country Championship on Saturday 20th January 2024 at Central Park, Dartford.

EVENT TIMETABLE, AGE GROUPS & RACE DISTANCES

Time	Race	Distance
11:30	Year 7 Girls	2600m
11:50	Year 7 Boys	2600m
12:10	Intermediate Girls (Y10 & Y11) Senior Girls (Y12 & Y13) <i>Racing together, but results collated separately for the two age groups.</i>	4000m
12:35	Senior Boys (Y12 & Y13)	6100m
13:10	Intermediate Boys (Y10 & Y11)	5050m
13:40	Junior Girls (Y8 & Y9)	3300m
14:05	Junior Boys (Y8 & Y9)	3300m

Weather - There will be a course inspection on Wednesday 17th January. If the weather is particularly severe after that date, keep an eye on the Kent Schools' Athletic Association website: <http://ksaa.org.uk/> The meeting will go ahead unless the course is unsafe. In the unlikely event of a cancellation, I will also contact you directly.

Arrival - Aim to arrive at least an hour before your child's race. Unfortunately, there is no parking available within the park itself and the roads immediately adjacent have permit-only parking with regular patrols. Several public car parks are located nearby. Acacia car park is the nearest. (NB - There is no access to the event via the Cranford Road entrance.)

Registration & Kit - All runners are required to pay a £5 entry fee to help cover costs of the competition. After paying, check in with me at the Thanet table to collect your child's race number. This should be affixed to the front of their top with safety pins. I will have a supply of these. Most pupils race wearing their school kit, although those who belong to running clubs may choose to wear their club kit instead. Crop tops are not permitted.

Course - Apart from a surfaced path, which runners cross twice on each lap, the course is entirely on grass. One steep section has a lot of tree roots, which will be sprayed to highlight them. Spiked footwear is recommended.

Post-race - Some runners will be given a form to complete or a card with a QR code, asking whether they are available to represent Kent Schools at subsequent Inter-County events. Read it carefully – it may require prompt action. If you are not sure what to do, find me before leaving the venue, or email steve@eastkentcoaching.com as soon as you get home.

If your child is unable to take part, please let me know in advance if possible. Otherwise, I look forward to seeing you on the day.



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