

Dear Parent/Carer

WALTON HALL GARDENS CROSS-COUNTRY RACES 2018

Warrington athletics club organise 3 cross-country races a year for local schools. Your son/daughter has expressed an interest in competing. Some primary schools competed at this event so many students may already be familiar with the format.

The dates of this year's races are:

- Saturday 13th October
- Saturday 17th November
- Saturday 8th December

It is open to all year groups 7-11. The start times and distances are listed in the table below:

Race	Start Time	Distance
Year 7 Girls	11am	2km
Year 7 Boys	11:15am	2.8km
Year 8-11 Girls	11:30am	2.8km
Year 8-11 Boys	11:45am	2.8km

Upon arrival students should report to Mr Scott who will be located at the start/finish line. With potentially a lot of runners representing the school at the event, any assistance parents can provide e.g. collecting finish tickets etc. would be much appreciated.

A few additional points to note...

- Runners will need to make their own way to the races. Parking can sometimes be an issue. Please allow for this and aim to arrive in good time for your race allowing you to warm up.
- The course is mainly grass (with a very small amount of concrete). Many runners choose to run in boots. It's very much dependent on the weather.
- Please bring your own drink and tracksuit to keep you warm before and after you run.
- You can run in any kit you feel comfortable in but it would be good if you wear something that identifies you clearly as a Lymm runner (e.g. PE top)

Good luck

Mr Scott (PE & Sport Faculty)

Headteacher: Mr Gwyn Williams

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