

Dear Parent/Carer

EXTRA-CURRICULAR SPORT OPPORTUNITY
Walton Hall Gardens Cross-Country Races 2023

Warrington Athletics Club organises three cross-country races a year for local schools. Some primary schools compete at this event so many students may already be familiar with the format.

The dates of this year's races are:

- Saturday 30th September
- Saturday 7th October
- Saturday 18th November

It is open to all year groups 7–11. The start time and distance is below:

Race	Start Time	Distance
Boys and Girls	11:50am	2.8km

Upon arrival students should report to the Lymm member of staff who will be located close to 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 as the car park is often busy from the primary schools' event beforehand. Please aim to arrive in good time for the race allowing time for a 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 warm before and after the run.
- Runners can wear any kit they feel comfortable in, but it would be good if they wear something that identifies them clearly as a Lymm High runner (e.g., PE top).

Good luck

Mr Scott (PE & Sport Faculty, tscott@lymmhigh.org.uk)

Headteacher: Mr Gwyn Williams

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