Rachel Taylor,

Framingham Earl High School,

Norwich Road,

Framingham Earl,

Norwich,

NR14 7QP

February 25th 2017

Dear Athlete

Once again congratulations on being selected to run for Norfolk in the English Schools Cross Country Championships. I am just writing to confirm some final arrangements for the day. The event is taking place at The Royal Norfolk Showground and it is asked that you arrive here for 10.30am. The team managers will meet you in one of the barns which are located by the Exhibition Hall. It is important that everyone meets here on time so that we can allocate numbers, racing chips, programmes and be able to walk the course. The course will be closed at 12.00pm. Parking is available in the Public Car Park but pleased be advised there will be a charge of £5.

Team managers are as follows:

Junior Girls Rachel Brown Junior Boys Nikki Leavey

Inter Girls Harriet Carr Inter Boys Ali Shearer

Senior Girls Janet Brostner Senior Boys Dave Taylor

You will need to run in a County vest and black shorts. A vest may be borrowed or bought (£17) but please state this on the reply slip. New Norfolk Schools tracksuit tops have been purchased and again these will be available on the day. All runners may borrow one for the day but if you would like to purchase one they cost £40. It is advisable that you wear running spikes as the course is likely to be muddy.

After you have raced please make sure you sign out with myself or your Team Manager before leaving.

A reminder that there is a Match Fee of £15 due on the day. I will collect these in the morning. Please make cheques payable to Norfolk Schools AA. It is worth checking with your school as many pay or subsidise this as well as county vest costs.

Please could you email back your emergency contact details and any medical issues, we need to be aware of, by March 11th.

The English Schools AA website (esaa.net) has full details regarding the day including race times, a course map and other essential information for parents.

If, for any reason, you are no longer able to compete please let me know as soon as possible so that a reserve runner can be contacted.

I look forward to seeing you on the day. Should you require any further information please contact me at Framingham Earl High School on 01508 492547 or email [rachel.taylor@framinghamearl.net](mailto:rachel.taylor@framinghamearl.net) with any queries.

Yours sincerely

Rachel Taylor

Norfolk Schools Team Manager

REPLY SLIP

Name:

Age Group:

Emergency Contact numbers:

Please state if you wish to borrow or buy a vest:

Please state if you wish to borrow or buy a tracksuit top:

A reminder that vests are £17 and tracksuit tops £40. Cheques payable to Norfolk Schools AA.

Please state if there are any medical concerns/issues:

I give permission for my son/daughter to compete for Norfolk in the ESAA cross Country Championships at The Royal Showground on Saturday 18th March.

Name of Parent/Carer: