Julie Shaw

Aylsham High School

Sir Williams Lane

Aylsham

Norfolk

NR11 6AN

10 January 2025

Dear Athlete,

**Selection for the Anglian Schools Cross Country Championships**

Congratulations on your performance today. As a result of this you have been selected to represent Norfolk Schools Athletics Association in the Anglian Schools Cross Country championships.

**Date: Saturday 1 February 2025**

**Venue: Woodbridge School, Burkitt Rd,** **Suffolk IP12 4JH**

**Travel arrangements:**

These are yet to be finalised as this is entirely dependent upon where athletes will be travelling from. We will send out an email in due course to confirm these as logistics of moving together as a team from Norfolk to Suffolk from very different starting points may not be straight forward.

Parents travelling by car to watch the races will need to park at a nearby school (Farlingaye High School -Ransom Rd, Woodbridge IP12 4JX).

**Race details:**

The event will be hosted by Suffolk Schools AA. You will be competing against the best athletes from Cambridgeshire, Lincolnshire, Northamptonshire and Suffolk.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Time** | **Age Group** | **Distance (m)** | **Time** | **Age Group** | **Distance (m)** |
| 12.00 | Senior Girls (U19) | 3800 | 13:20 | Junior Boys (U13) | 3500 |
| 12.20 | Year 7 Girls (U13) | 2300 | 13:40 | Inter Girls (U17) | 3800 |
| 12.40 | Year 7 Boys (U13) | 3200 | 14.00 | Inter Boys (U17) | 5000 |
| 13.00 | Junior Girls (U15) | 3200 | 14.25 | Senior Boys (U19) | 6500 |

The event timetable and map of the course will also be available for you to see on the Norfolk Schools AA website ([www.norfolkschoolsaa.org.uk](http://www.norfolkschoolsaa.org.uk)).

The courses will follow routes around the school grounds of Woodbridge School and therefore spikes are suitable for athletes to wear. You should arrive changed and ready to run as there are not any changing facilities at the venue.

On arrival, the team managers will walk the course with their team and help them prepare for the race as appropriate.

Selection to represent the Norfolk Schools AA team for the English Schools Cross Country Championships will be made using athlete results from **both** the Norfolk Schools cross county **and** the Anglian event unless there are any special circumstances I need to be made aware of. This year, the English Schools will be held in Ardingly Showground West Sussex on Saturday 15 March 2025. Please note there is not a national event for the U13 (year 7) age group.

**What to bring:**

You will need to compete in county colours which consists of a county vest and black shorts. Vests can be purchased for £22 or borrowed on the coach on the way there. There are no indoor facilities so you will need to bring warm clothes.

You will also need a packed lunch, drinks, safety pins to secure the race numbers to your vest, and a mobile phone to contact parents about the pick-up times.

Food and drink vendors will be there on the day should you choose to purchase hot food and drinks.

**Finances:**

There is a match fee of £10 which should be brought on the day. Cheques can be made payable to Norfolk Schools Athletic Association.

For those who want to pay by BACS you **must do so before the day**.

Sort Code: 09-01-52 (Santander bank)

Account Number: 42734502

Account name: Norfolk Schools Athletics Association

NB: Some banks use ‘Norfolk Schools ath assoc’

**\***Reference: ‘Athlete Surname - Age group (eg U15) - Gender’

**\***Please make sure you include the above details in the **reference** when you make your payment so that the match fee can be traced back to you easily.

\*\*Please check with your school that they have paid the annual school subscription fee in order for you to be **eligible** to **actually** compete. They may also have funds available to help you with your £10 match fee.

**Athlete actions:**

Please could you **complete the google form (accessed via the QR code) by the end of the day TODAY**.

A qr code with black squares

Description automatically generated

Should you be **unable** to access this form, then please **email** me ASAP (address below).

If you know that you cannot compete at all then please let me know ASAP so that your place can be reallocated to another athlete in good time.

Once again, congratulations on your achievements today. I look forward to seeing you on 1st February, but if you have any queries then please email me at [jshaw@aylshamhigh.norfolk.sch.uk](mailto:jshaw@aylshamhigh.norfolk.sch.uk).

Yours Sincerely,

Julie Shaw (Norfolk Schools Cross Country Team Manager)