

## Cross Country Race Information!



Dear Parents/Carers,

Cross Country training will take place during two assemblies per week. These will depend on the weather and the days I have an assembly duty.

Can all children bring old clothing for cross country training on the field? I really do not mind what the children look like as long as they are warm, safe and won't damage their PE kits.

Thank you

### After school Races

20 boys and 20 girls can be selected for the league races. For most races, children will need to change, eat a small snack and go to the toilet at 3.00pm, so they are ready to leave school at 3.15pm (this may vary if the race is further away). I will try to provide kit for every child. It is advised that children wear their own tracksuit trousers and a sweatshirt over their running kit for before and after the race.

If the weather is looking doubtful on any of the race days, a decision will be made by 1.00pm, a notice placed outside school and a message on the school website. Please do not call the office.

### Weekend Races

ParkRun Races. All children child can enter these. Parents just need to register their child via the website (<http://www.parkrun.org.uk/medway-juniors/>) and print their child's bar code. The bar code is then used at the end of the race and the child uses the same one every time.

Only a few selected children will be taken to the Kent Championships. This will be based on their performance in training and any races before the entry deadline date (1<sup>st</sup> November). Children will be sent additional information if they are selected.

I am sorry about the short notice for the first race but I was only emailed the league details late last week.

League 1st race:	Tuesday 4 <sup>th</sup> October (St Marys Island C of E Primary School)
League 2nd race:	Tuesday 18 <sup>th</sup> October (Kingfisher School)
League 3rd race:	TBC
League 4th race:	TBC
Park Run Races:	Every Sunday (Strand Gillingham)
Kent Championships:	Saturday 12 <sup>th</sup> November (Kent Show Ground Detling)

The minibus will not fit the whole team and parents/siblings and grandparents usually like to watch these races. Therefore I am assuming transport will be by car. The first race usually starts at about 4.00 and the last race is usually finished by 4.30.

Thank you for your support,  
Miss Edgley



## Permission and Medical Form

Cross Country Races: **Various Venues - shown on the letter**  
Date(s) of Visit: **Various Dates - shown on the letter**  
Name of Child: \_\_\_\_\_  
Emergency Contact number: \_\_\_\_\_  
Name of Doctor: \_\_\_\_\_  
Address of Doctor: \_\_\_\_\_  
Telephone Number of Doctor: \_\_\_\_\_  
Known Allergies: \_\_\_\_\_  
Medical conditions: \_\_\_\_\_

I give permission for my child to take part in the **cross-country running events**. I have read and understand the information about the visit where he/she will be accompanied by a teacher.

Should the necessity arise I give permission for the teacher in charge of the trip to act in *loco parentis*, and agree to appropriate medical attention being given in the case of an accident or sudden illness.

Signed \_\_\_\_\_

Date \_\_\_\_\_

Please let me know if you do not give permission for newspaper and school photographs to be taken at the races.

### Tuesday 4<sup>th</sup> October at St Mary's Island school ME4 3ST

- I will transport my child to the venue.
- My child will travel to the event with ..... 's parents
- I have explored all other options but need you to provide transport for my child.

### Tuesday 18<sup>th</sup> October at Kingfisher School ME5 7NX

- I will transport my child to the venue.
- My child will travel to the event with ..... 's parents
- I have explored all other options but need you to provide transport for my child.

### ParkRuns at the Strand. Tick the races your child intends to attend.

- Sunday 2<sup>nd</sup> October
- Sunday 9<sup>th</sup> October
- Sunday 16<sup>th</sup> October (Miss Edgley will be at this race)
- Sunday 23<sup>rd</sup> October
- Sunday 30<sup>th</sup> October (Miss Edgley will be at this race)