

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 (1st 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 th October (St Marys Island C of E Primary School)
League 2nd race:	Tuesday 18 th October (Kingfisher School)
League 3rd race:	TBC
League 4th race:	TBC
Park Run Races:	Every Sunday (Strand Gillingham)
Kent Championships:	Saturday 12 th 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 4th 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 18th 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 2nd October
- Sunday 9th October
- Sunday 16th October (Miss Edgley will be at this race)
- Sunday 23rd October
- Sunday 30th October (Miss Edgley will be at this race)