

Details of the South West Schools Cross Country Championships.

The event will take place at Lansdown Race Course, Bath, on Saturday 2nd February. The course is just off Lansdown Rd. BA1 9BU.

On arriving at the event by 11.30, please meet your team manager at the centre of the Course Building. You will be given your numbers and once all the team have arrived will then walk the course with your team manager.. **Don't forget to bring your pins.** All runners must clear the course by 1.15pm ready for the first race.

Athletes

Please make sure that you have plenty of warm clothes; a change of footwear, socks etc as you may get very muddy and cold at the end of the race. Often athletes wear wellies when walking the course so that they stay warm and dry before the race. Spikes are an essential in muddy conditions.

Athletes may only compete if wearing correct county kit. Team vests can be purchased on the day at the SW race for £18.00. Please bring either cash or a cheque payable to WSAA.

(We will not have change)

Athletes also need to supply their own pair of plain, unbranded (black tape can be used to cover brand names) black running short.

Details of the races are set out below. (see the [attached](#) photo from ASAA)

1.30pm Senior B 7,300m 1 Medium + 2 Small (A-B-C-D-R-E-F-G-I-J) +(A-B-C-D-R-E-F-J)+ (A-B-C-D-R-E-F-J- FINISH.)

1.35pm Year 7 Girls 2,200m 1 Small , (A-B-C-D-R-E-F-J - FINISH.)

1.55pm Senior Girls 4,400m 2 Small, (A-B-C-D-R-E-F-J)+ (A-B-C-D-R-E-F-J FINISH)

2.20pm Year 7 Boys 3,000m 1 Medium , (A-B-C-D-R-E-F-G-I-J- FINISH)

2.40pm Junior Girls 3,400m 1 Large (A-B-C-D-R-E-F-G-H-I-J- FINISH)

3.00pm Junior Boys 4,400m 2 Small (A-B-C-D-R-E-F-J)+ (A-B-C-D-R-E-F-J- FINISH)

3.20pm Inter Girls 3,800m 2/3 Small + Small (A-B-C-D-R-A-B-C-D-R-E-F-J - FINISH)

3.40pm Inter Boys 5,960m 1 Large , 1 Small ((A-B-C-D-R-E-F-G-H-I-J) + (A-B-C-D-R-E-F-J FINISH)

Draw for pens is as follows

	<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>	<u>Lane 7</u>
Race 1	Dorset	Glos	Somerset	Wiltshire	Avon	Cornwall	Devon
Race 2	Devon	Dorset	Glos	Somerset	Wiltshire	Avon	Cornwall
Race 3	Cornwall	Devon	Dorset	Glos	Somerset	Wiltshire	Avon
Race 4	Avon	Cornwall	Devon	Dorset	Glos	Somerset	Wiltshire
Race 5	Wiltshire	Avon	Cornwall	Devon	Dorset	Glos	Somerset
Race 6	Somerset	Wiltshire	Avon	Cornwall	Devon	Dorset	Glos
Race 7	Glos	Somerset	Wiltshire	Avon	Cornwall	Devon	Dorset
Race 8	Dorset	Glos	Somerset	Wiltshire	Avon	Cornwall	Devon

At the end of the races Athletes will be given a disc which must be handed to their team manager who will be situated at the front of the Central Building. The team managers will tot up the scores from their runners and give the envelopes to the organiser. These results will be used to check results and then make presentations. There will also be computerised results which will be printed on the day.

All parking will be on the inside area of the Race course, this will be controlled by staff. To make sure that vehicles can get out easily. There will be a £3.00 parking fee for all spectators.