

## Cross Country Race Reddham House

Dear All Cross Country Runners.

Frieth x-country club have the opportunity to take part in the following race:

Venue: Reddham House

Date: Thursday 22<sup>nd</sup> February 2018

We aim to leave the school approx. 1pm

### **Race Schedule**

Walk the course 2-2.20

Briefing 2.30pm

### **Race Order:**

First Race	Yr 3 / 4 girls – 2.40 briefing 2.45 race
Second Race	Yr 3 / 4 boys – 2.55 briefing 3pm race
Third race	Yr 5 / 6 girls – 3.10 briefing 3.15 race
Fourth race	Yr 5 / 6 boys – 3.25 briefing 3.30 race

### **Kit list**

Trainers

Shorts/leggings

T-shirt/ long sleeved top – we will provide a Frieth t-shirt for the race which can go over a long sleeved top/t-shirt but they will need one of their own also.

Water

Snacks for post-race

Waterproofs & Warm change of clothes for pre and post-race.

Hats, gloves, scarves.

Plastic bags for muddy shoes and kit

Towel

They are amazing events to be at and the children will be part of the Frieth School Cross Country Team running individually and as part of a team.

We can only attend these events with parental support to take the children to and from each event and help out in the afternoon. We will need two marshals and one person to collect the numbers at the end of the races from the children and update our final sheet. The children really love the support you give them and so do we!

**Could you please return the slip below to the school office by Tuesday 30<sup>th</sup> January, forms received after this date will NOT be able to attend this race.**

Many thanks, Justine (Tel: 07712241464 justineharbinson@yahoo.co.uk)

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**Reddham House cross country race.**

**My child:** ..... **Class:** ..... **Year Group:** .....

Would like to compete in the x-country race.

**My child is taking the following medication:** .....

Your child is responsible for ensuring any medication they need on the day is brought with them to the race.

**I am able to help with travel arrangements.** **YES/NO**

**If Yes, I have \_\_\_\_ spare seats in the back of my car.**

**My email address is:** .....

**My contact No. is:** .....

I have already completed a transport insurance form from the school office **YES/NO**

If no, please ensure you complete a form as it is essential to enable you to transport the children. These can be obtained from the school office.

**Please note if you need to complete a form this needs to be done before you take the children to the event.**

**Race day emergency contact details (if these change for any reason on the day please contact the school prior to the race).**

In case of Emergency contact name: .....

In case of Emergency contact no: .....

In case of Emergency 2<sup>nd</sup> contact name: .....

In case of Emergency 2<sup>nd</sup> contact no. ....

**Please confirm who is collecting your child at the end of the day either from school or the race.**

.....**Will be collecting my child from school after the race.**

**Contact number if different from the above.....**

**Or**

.....**Will be collecting my child from the race venue.**

**Contact number if different from the above. ....**

**Signed** .....

**Date:** .....

