



Dear Parent

Re: YSSN (East) Cross Country Competition

Your son/daughter is invited to take part in the YSSN Cross Country competition on Tuesday 24th September. The **event will be held at Askham Bryan College (YO23 3FR) and will run from 5.30pm to 6.30pm** catering for year 1 – 6 in the following races. (Times estimated)

5:30pm – 5:40pm year 1 & 2 boys and girls (600 metres) Year groups will be called out separately. (No county round available and the course will be around an open field where runners can be seen all the way around)
 5:40pm – 5:50pm year 3 boys and girls (1200 metres) Runners will run through the wildlife park
 5:50pm – 6:00pm year 4 boys and girls (1200 metres) Runners will run through the wildlife park
 6:00pm – 6:15pm year 5 boys and girls (1500 metres) Runners will run through the wildlife park and part of the field
 6:10pm – 6:30pm year 6 boys and girls (1500 metres) Runners will run through the wildlife park and part of the field
 DUE TO THE NUMBERS THAT ATTEND THIS EVENT, IT IS DIFFICULT TO TALK TO THE WHOLE CROWD. WE WILL ANNOUNCE OVER A TANNOY EACH RACE NUMEROUS TIMES ALONG THE LINE OF SPECTATORS. PLEASE LISTEN OUT FOR YOUR YEAR GROUP. RUNNERS WILL THEN MAKE THEIR WAY TO THE START GAZEBO TO THE LEFT OF SPECTATORS AND CAN BE COLLECTED FROM THE GAZEBO TO THE RIGHT OF SPECTATORS.



ASKHAM BRYAN COLLEGE

Year 1/2 will run the loop in the start finish field.

Year 3/4 will go through the wood.

Year 5/6 will run through the wood and 300m of the start finish field.



Please arrive on site by 5.15pm regardless of your race time to ensure you do not miss the start. Please aim to arrive between 4:45pm and 5.15pm.

Askham Bryan have arranged for refreshments (teas and coffees) to be available to purchase during the event. I would like to extend a big thank you to Askham Bryan for their support with this year's cross-country event. They also provide a lot of leaders for all our events and have become a great partner for the network.

This event is: OUTDOOR

GENERAL INFORMATION

- Please ensure the children are accompanied by the appropriate ratios of responsible adult(s) who will stay with the children throughout the event.
- Please ensure the children bring a drink and any necessary refreshments with them.
- **Staff / parents travelling with each school / pupil are responsible for children having vital personal first aid equipment and medication: inhalers, epi pens etc and its distribution**
- Please ensure children are correctly prepared for the event they are to participate in – i.e. wearing suitable footwear for rough ground and clothing appropriate for the weather.
- Please make sure we treat the facility with respect and make sure you take any litter away with you.

Parking – pick up and drop off

Parking is available on site and will be signposted. **This is a very popular event and parking is always a challenge so if you can share transport, please do so to help us with parking.** Once parked, there will be signposts and volunteers to direct you to the start line. **Cars will not be permitted on site before 4:40pm** in order for coaches to leave with Askham Bryan Students.

Race details

A student will run at the back of each race to keep an eye on any runners who drop off the pace.

For years 3-6, runners will be running on stone paths as well as grass. Please make sure runners are in trainers and not football boots or spikes.

Please advise your child not to push or rush at the start as there is plenty of time in the long races to move up positions. Please help keep spectators off the course and back from the edge of the finish tunnel as it makes it much easier for the finish line officials.



The finish of all races will involve running across the official race course finish line into a funnel system which will sort them into their finishing order.

At the end of each race, participants can be collected from a holding area by parents or teachers. This will be a gazebo to the right of spectators.

The top 8 boys and top 8 girls of each race (Years 3-6) will be invited to represent York in the County Cross Country event held in Dalby Forest on **5th November 2019. PLEASE NOTE THIS IS EARLIER THAN IN PREVIOUS YEARS.** More details will be provided to the winning pupils on the day. There is no next round for year 1 and 2 pupils.

If you would your son/daughter to take part in this event, please fill in a consent form from Park Grove office and return by **Thursday 19th September 2019.**

If you require any further information, please do not hesitate to contact me on pdminyork@hotmail.co.uk

Many thanks

Kev Davies
School Sports Manager (York School Sports Network)