



WELSH SCHOOLS ATHLETICS ASSOCIATION CYMDEITHAS ATHLETAU YSGOLION CYMRU



To Heads of PE Secondary Schools & Colleges

Please reply to:
Darran Williams
Welsh Athletics
Cardiff International Sports Campus
E-mail: darran.williams@welshathletics.org
22nd September 2023

Dear Colleague

46th Inter Schools' Cross-Country Championships (inc Welsh Colleges Cross Country Championships)

I am writing to invite your school/college to enter teams and/or individuals at this year's championships, which will be held at Dolerw Park, Newtown on Saturday, **November 18th**. This year the event is combined with **The Inter- Regional Championships**, pupils will run in their traditional age groupings with some also scoring for their Regional Teams as well as their schools.

Please find details for the event overleaf. You will also have received a course map with this invitation.

We look forward to welcoming you all to Dolerw Park on Saturday 18th November.

Yours Sincerely,

Darran Williams
Competitions Officer
Welsh Athletics
Cardiff International Sports Campus
Leckwith Road
Cardiff
CF11 8AZ

EVENT DATESaturday 18th November

- **VENUE** Dolerw Park, Newtown, Powys (SY16 2EH)
- **CLOSING DATE** **Teams must all be declared by Monday 11th November 17:00**
- **AGE GROUPS** U13, U15, U17 & U20
 - U13 over 11 and under 13 at midnight on August 31st, 2023, year 7 & 8
 - U15 over 13 and under 15 at midnight on August 31st, 2023, year 9 & 10
 - U17/U20 over 15 and under 19 at midnight on August 31st, 2023, years 11 to 14
- **PROVISIONAL TIMES**
 - Registration of All athlete's number collection must be 90 minutes prior to the age group race starts, registration will be open from 10:30am, all schools' numbers will be in one pack.
 - Course walk will be open from 10:00am to 11:10am at 11:10 the course is cleared for the first race at 11:15am of primary school athletes.
 - U13G Race, years 7 & 8 12:30pm
 - U13B Race, years 7 & 8 12:50pm
 - U15G Race, years 9 & 10 1:05pm
 - U15B Race, years 9 & 10 1:30pm
 - U17W/U20W Race, Years 11 to 14 1:50pm
 - U17M/U20M Race, Years 11 to 14 2:35pm
- **DECLARATIONS: ALL SCHOOLS** that wish to take part must submit the excel declaration sheet by or before the closing date above, the form needs to have the following, School Name, Team Manager/Teacher submitting, email for reply to correspondence, Athletes details, WA URN (registration number) please ask athletes in clubs, First Name, Surname, Gender, Date of Birth, age group. If incomplete it will be returned for updating. There are spaces on the form for 70 athletes.
- **NUMBERS:** These will be issued at registration for 'Schools' entries only, athletes competing for the region and Inter Schools collect their number from the regional team manager, pins will be provided, please ensure that the barcode on the number is clearly visible at the end of the race for recording. You will also have a declaration list to issue the numbers to each athlete.
- **NUMBER OF ATHLETES PERMITTED TO COMPETE:** Schools/Colleges may enter any number of athletes in a race. Schools/Colleges **MUST have already** provided a team declaration as confirmation of entry. Changes to team declarations can be made on the day of the event by submitting the form collected from registration, submitted only by the official team manager. The information required will be each athlete's first name, surname, date of birth & school. Athletes' details can be changed to replace those not attending there **WILL BE NO NEW ADDITIONAL ON THE DAY ENTRIES.**
- **NUMBER OF ATHLETES TO SCORE:** In any schools/colleges age group race the first four athletes crossing the line will become the first team or team 'A', the next four athletes make up team 'B' and so on
- **AWARDS:** The award of Welsh Schools Medals will be awarded to the first three individuals in each race and the first three teams in each race. Welsh Colleges will make separate awards to individuals and teams.
- **ENTRY FEES:** An entry fee of £2 per competitor will be charged. Schools will be sent a payment link on receipt of entries.
- **VESTS:** Schools/Colleges are expected to provide their athletes either with distinctive vests or with a plain coloured vest or T-shirt. REGIONAL VESTS should be worn by athletes selected to represent their REGION. Similarly, athletes are not permitted to wear replica soccer or rugby jerseys or T-shirts with advertising slogans or signs on the front and/or back. Athletes ignoring this requirement may be disqualified.
- **COACH/CAR PARKING:** Parking for cars and coaches will be provided nearby. Full details of the parking provision will be available closer to the time and included in the pre-event instructions.
- **ON ARRIVAL: ALL TEAM MANAGERS** are required to report to registration alongside the start straight as shown on the course map from showground building from 9:30 onward. They will collect their athlete BIBS/Numbers and issue them correctly to those on their declaration sheet. ANY athletes replacing those not attending must be added to the amendment sheet and passed to results based at the finish line in the red marquee outside the track opposite the hammer cage. As part of their own risk assessment every competing athlete should walk the course to ensure they know where they are going and to check for potential hazards, the course closes at 11:10am 5 minutes before the first race starts at 11:15.
- **TOILETS:** Toilets are available near the start area with a further provision available at the nearby town centre car park.

- **AT THE START: ALL TEAM MANAGERS** should ensure that all of their athletes in each group race are at the start no less than 10 minutes prior to the race start. The race starter will call all athletes together before the scheduled start time to describe the course and issue any final instructions, ATHLETES can then remove all tracksuits/coats/covers so the start team can do their final visual checks of all athletes to ensure numbers are attached correctly and athletes are in their kit, athletes will then be brought towards the start line for the race to start. The race will be started with a gun.
- **AT THE FINISH: ALL ATHLETES** must ensure that the barcode on their number/bib is visible so that when walking down the finishing funnel their number/barcode will be scanned for automatic recording. They all must remain in the order they cross the finish line and not jump the order.
- **ELECTRONIC DEVICES:** Electronic devices are not permitted to be carried or used while the race is in progress, they must remain in their bags or with a responsible person/teacher looking after these until after the race and they are clear of the finish area and course.
- **PHOTOGRAPHS:** There will be an event photographer at this event at the finish line and possibly around the course. Having advised schools of this coverage, it is understood that any school or college entering the event gives consent for photos/video of their competing pupil to be taken – and be used in any event publicity.
- **QUESTIONS/QUERIES:** For **ANY QUERIES** about this event please contact competitions@welshathletics.org or darran.williams@welshathletics.org