

Cardiff & the Vale of Glamorgan Schools Athletics Association

Cross-country championships to be held at YG Bro Morgannwg on Sunday, January 22nd, 2023 – version 1

1. Cardiff & the Vale of Glamorgan Schools' AA will be staging cross-country championships for pupils and full-time students at schools and colleges in the district on Sunday, January 22nd, 2023, at YG Bro Morgannwg in Barry.
The school post code is CF62 8YU. The UKA Licence for the event is **XXX**.
2. Six races will be held covering eight age groups. With the exception of age groups, the event will be held UKA rules of competition. The timings will be as follows:

	Start time	Age Group	Course (& distance)	Report by
Race 1	12 noon	Year 7 Girls	2 small laps + 1 big lap (2660m)	10.40 am
Race 2	12.15 pm	Year 7 Boys	2 small laps + 1 big lap (2660m)	11 am
Race 3	12.30 pm	Junior Girls (Years 8 & 9)	1 small lap + 2 big laps (3660m)	11.20 am
Race 4	12.50 pm	Junior Boys (Years 8 & 9)	2 small laps + 2 big laps (4160m)	11.40 am
Race 5	1.10 pm	Middle & Senior Girls (Years 10 to 14)	2 small laps + 2 big laps (4160m)	12 noon
Race 6	1.30 pm	Middle & Senior Boy Girls (Years 10 to 14)	1 small lap + 3 big Laps (5160 m)	12.20 pm

Please note that the small lap is also included in the big lap.

3. We would very much like to see competing at this event ALL of the pupils who finished in the top 40 positions at one of the league fixtures held in the autumn term but we are aware that some pupils were not able to compete at those fixtures.
We also know that some schools and colleges did not compete but we believe that there are pupils/students at those educational establishments who have the potential to be talented cross-country runners and we want to encourage them to enter and compete.
We are also aware that some pupils compete in other sports at weekends and may not be available.
4. Because this event is being held on a Sunday, it is unlikely that staff will attend with their pupils.
Unless advised otherwise by their staff, pupils are asked to make their own way to the event.
Cars bringing officials and girls should be parked in the Whitmore High School car park (Post code: CF62 8PP) off Port Road West.
Cars bringing boys should be parked in the YG Bro Morgannwg car park (Post code: CF62 8YU), which can be accessed from Colcot Road.

5. Entries

Entries for the event can be made in one of three ways:

Entry Method 1: Respond to an invitation to compete for one of the two representative teams
The event will include a representative match between the schools west of the river Taff and the schools east of the river Taff. A list of schools and colleges in each area is provided later in these details.
A minimum of 20 pupils from each area in each of the three age groups will receive a direct invitation.
The match will be scored on the first 10 pupils to finish for each area in each of the six races..

Entry Method 2 School entry by spreadsheet from a member of staff

Staff can enter an unlimited number of pupils on the school entry spreadsheet.

Entry Method 3: Individual pupils

Individual pupils can be entered by their parents by contacting Pete Morris at pmorris46@aol.com.

Entries need been to be submitted to Pete Morris by 5 pm on Tuesday, January 17th.

6. Consent provided by each pupil entered

Whichever entry method is used, staff, pupils and parents need to understand that they are providing consent for:

- (i) The name, age group, and school of each pupil to be included on the race declaration sheet and in the results which will be circulated to all schools and colleges in the district and to the Run Britain and Power of 10 rankings, and, if photographs are taken, they may be used for any event reports, and be stored in the association's archive, and
- (ii) a pupil's contact details (preferably an email address, or parent's mobile number) are to be provided to Pete Morris (pmorris46@aol.com) in case the event has to be called off at short notice or in case, after the event, a pupil is selected to represent Cardiff & the Vale district at the Welsh Schools' national cross-country championships at Brecon on Wednesday, February 15th.

and that pupils to compete at their own risk.

Pupil entries will be accepted on the day of the event provided that they are made by the appropriate reporting time as indicated in the table at the top of this page..

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7. Course Map

A copy of the map of the course at YG Bro Morgannwg is available, but you need a colour printer to print it out. If you need a copy, please contact Pete Morris at pmorris46@aol.com.

Unlike the course at Pontcanna, **this one is not flat**. It is tough and provides a real challenge and has some similarities with the course to be used for the Welsh Schools' national championships at Brecon on Wednesday, February 15th.

The top field has a downhill slope from the Port Road end to the start, and the bottom field has a slope from the car park end to the new drainage layout. There is a testing slope linking the two fields.

Pupils are advised in advance of two features:

(i) There is a narrow drainage ditch running across the slope. This is not wide but it has been filled with stone chippings. Care should be taken when crossing them but a pupil should be able to stride across them without touching the chippings. There will be warning signs on both sides of the ditch.

(ii) There is a short, steep bank to climb when leaving the bottom field. The course taping will be widened at this point to allow pupils to choose their own line up the bank.

Because of this feature, pupils are advised to wear spikes or light boots or fell shoes. It is not recommended to run this course in flat trainers.

8. Vests

This is a schools' competition **so pupils are required to wear their school vest**.

Some schools and colleges do not have their own distinctive vest. In that case, pupils are asked to wear a **plain** vest or T shirt (without any advertising) or a school polo shirt.

The wearing of club, regional (maroon and white vertical stripes), national or Cardiff & the Vale of Glamorgan Schools' (maroon with a gold band) vest is not permitted.

Anyone turning up to the start wearing a club, regional, district or national vest will be asked to go away and change it.

Pupils are asked to come changed and with warm and weatherproof outer garments. Assume that the day will be wet and have a bag to put outer gear in at the start and have a towel and dry gear available for after the event.

This is a tough course. Spikes, light boots or fell shoes should be worn. Trainers are not recommended.

9. Number and Registration

Every pupil is required to wear a number on the front of their vest.

Numbers will be provided by the association and may be collected when the pupil reports to the registration area in the YG Bro Morgannwg sportshall on the morning of the event. Pupils are asked to bring their own pins (4) to attach the number to their vest AND the number is to be worn on the front of their vest. Pupils are asked to report by:

	Age Group	Report by		Age Group	Report by
Race 1	Year 7 Girls	10.40 am	Race 4	Junior Boys (Years 8 & 9)	11.40 am
Race 2	Year 7 Boys	11 am	Race 5	Middle & Senior Girls (Years 10 to 14)	12 noon
Race 3	Junior Girls (Years 8 & 9)	11.20 am	Race 6	Middle & Senior Boy Girls (Years 10 to 14)	12.20 pm

10. Walking the course – and the Event Risk Assessment

Once a pupil has registered, he/she needs to walk the course. This is a requirement of the event risk assessment, and should be standard practice for pupils at all cross-country fixtures.

It is done partly so that pupils know where the start and the finish line are and what course they are running but also so that they can inspect the course and check to see if there is a hazard on the course which they believe needs to be changed before their race is held.

11. Headphones and Audio Devices

During their race, pupils are not permitted to wear headphones or any audio device.

12. The Start

Pupils need to be close to the start at least ten minutes before the scheduled start time of their race, but do not remove any waterproof or windproof outer gear until instructed.

At the start, pupils are asked to line up on the assembly line – the dotted line behind the start line.

When the starter is ready, pupils will be asked to walk forward to the starting line.

The race may be started with a pistol or loud hailer or air horn.

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13. The Finish – and handing in the position ticket.

At the finish of a race, each pupil will be given a ticket showing their finishing position.

That ticket needs to be taken by the pupil back to the registration area, handed in and the position written in on the race recording sheet by the name of the pupil.

14. Results

Individual results will be produced for the year 7 and Junior races. In the middle and senior races, a race result will be produced, which will show separate individual results for the two age groups.

Two sets of team results will be calculated from the pupils who compete.

Championship team results will be calculated for schools finishing four pupils (or multiples of four) in an age group race. In the combined senior and middle races, the team competition will include both age groups. There will not be separate team competitions for the two sections.

In the Inter Area competition, every pupil competing will be listed for ‘their area’ AND team scores will be calculated on ten finishers (or multiples of 10.)

Once results have been checked, they will be circulated to all affiliated schools and colleges in Cardiff & the Vale of Glamorgan district and to Athletics Weekly and to the Run Britain rankings.

15. Litter

Please take any litter home with you. Do not leave anything on the course or in the car parks.

16. Event Noticeboards

On event day, important notices will be displayed at two points

Point 1 – On the fence as pupils, parents and officials walk from the Whitmore car park onto the course, and Point 2 – On the side of the YG Bro Morgannwg sportshall on the side by the toilets reserved for boys.

17. Spectators

There is a fence around the 3G pitch. Last year, many of the parents present used the walkway around the pitch as a vantage point to watch the races on the top field.

18. Inter Area Match – Breakdown of schools

West of Taff schools	West of Taff schools	East of Taff schools	East of Taff schools
Bishop of Llandaff HS	Pencoedtre HS	Cathays HS	St John's College
Cantorian HS	Radyr CS	Corpus Christi CHS	St Teilo's HS
Cardiff and Vale College	St Cyres S	Eastern HS	Whitchurch HS
Cardiff West Community HS	St Richard Gwyn CHS	Kings Monkton S	Willows HS
Cathedral S	Stanwell S	Llanishen HS	YG Bro Edern
Cowbridge S	Westbourne S	St David's College	Ysgol Glantaf
Fitzalan HS	Whitmore HS	St Illtyd's CHS	
Howell's S	YG Bro Morgannwg		
Llantwit Major S	YG Plasmawr		
Mary Immaculate CHS			

19. Selection - Cardiff & the Vale of Glamorgan Schools team to compete at Brecon on Wednesday, February 15th

This will be the last fixture that pupils can set a performance before the teams – 12 scoring runners plus 6 non travelling reserves – are selected for the Welsh Schools’ National cross-country championships, which are currently scheduled to be held on Wednesday, February 15th, 2023.

The association policy on team selection is that the team organiser will select the 12 team members plus the non-travelling reserves in all eight age groups. There is no policy of selecting the first twelve finishers in each race at these championships.

Pupils selected to compete will be asked to make their own way to Brecon, to report to team management probably in the old (small) grandstand at least 90 minutes before the start of their race.

In the senior and middle races at Brecon, the length of the courses are likely to be longer than those used for these championships.