

Dear Parent/Carer

## EXTRA CURRICULAR SPORT OPPORTUNITY Walton Hall Gardens Cross-Country Races 2022

Warrington Athletics Club organise three cross-country races a year for local schools. Some primary schools competed at this event so many students may already be familiar with the format.

The dates of this year's races are:

- Saturday 1<sup>st</sup> October
- Saturday 19<sup>th</sup> November
- Saturday 10<sup>th</sup> December

It is open to all year groups 7–11. The start times and distances are listed in the table below:

Race	Start Time	Distance
Girls Race	11:50am	2.8km
Boys Race	12:10pm	2.8km

Upon arrival students should report to Mr Scott who will be located at the start/finish line. With potentially a lot of runners representing the school at the event, any assistance parents can provide (e.g. collecting finish tickets etc) would be much appreciated.

A few additional points to note:

- Runners will need to make their own way to the races. Parking can sometimes be an issue as the car park is often busy from the primary schools' event beforehand. Please allow for this and aim to arrive in good time for the race allowing time for a warm up.
- The course is mainly grass (with a very small amount of concrete). Many runners choose to run in boots. It's very much dependent on the weather.
- Please bring own drink and tracksuit to keep warm before and after the run.
- Runners can wear any kit they feel comfortable in, but it would be good if they wear something that identifies them clearly as a Lymm runner (e.g. PE top).

Good luck

Mr Scott (PE & Sport Faculty, [tscott@lymmhigh.org.uk](mailto:tscott@lymmhigh.org.uk))

Headteacher: Mr Gwyn Williams

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