



RACE 1 DETAILS - ARROWE COUNTRY PARK - THURSDAY 20TH SEPTEMBER 2018 AT 4pm (for prompt 4.15PM start)

This race is due to be held on Thursday 20th September 2018 in Arrowe Country Park. We use the field directly behind Arrowe Park Hospital. We must start at 4.15pm, so please ensure you arrive for this time. We generally run Y6 first at this race to show children new to the events how it is done!

RACE ORDER: Y6B, Y6G, Y5B, Y5G, Y4B, Y4G

Parking at Arrowe Country Park

The field we run on is equidistant between the Cherry Orchard car park and the Arrowe Brook car park as shown on the map below. Arrowe Park was recently made 'Pay & Display'. Up to 1 hour is 50p, up to 2 hours is £1. Please bring correct change for the machine as there is nowhere to get change and the race must start promptly at 4.15pm. Please do not park in hospital grounds.

Payment

If we haven't received your annual contribution yet, please can you send this through or bring it with you to the first race. The annual subscription is £20 for the school for the year, regardless of how many events you enter. Please BACS through your £20 subscription payment to our account:

Account Name: Wirral Primary Cross Country Association

Account Number: 90506249

Sort Code: 20-29-50

Ref: Your school name

Alternatively, cheques or cash can be brought along or cheques can be posted to Andrew Meadows, Ss Peter & Paul CPS, Atherton St, Wallasey CH45 9LT. Cheques should be made out to "Wirral Primary Cross Country Association". Thank you.

Map



Points of Note:

- **First Aid**

Each school is responsible for the first aid of their pupils at all race events, including minor cuts and grazes, breathing difficulties, administering medicines (i.e. inhalers), etc. Please note there are no toilets at any venue. Remember drinking water!

- **Behaviour**

It is each school's responsibility to ensure the behaviour of their children and spectators. Please be vigilant and ensure that no one obstructs the runners at any point, especially at the end when they may be waiting for their number.

- **Spectators**

Spectators are asked to remain in designated areas. They should not cross into the track path or onto the start and finish area. I need your help as an organiser to ensure your team and parents keep right back. Please help reinforce this message to the spectators in your party.

- **Public Parks**

The area is a public open space, and Wirral Borough Council gives us permission to use it for our cross country events each year. Please help by keeping a close eye on your children at all times - don't let them wander off or try running around the course when they are not taking part. Take all your litter home and remind children to collect belongings.

Organisation of Races

1. Races begin at 4.15pm and are completed with a presentation by approx 5.20pm. Except in exceptional circumstances, no race will be cancelled in advance and a **final decision will be made at 4.15pm on the course.**
2. Races are over two laps, in total, about 1200m on grass and path.
3. **No spikes or boots** are to be worn.
4. Each race meeting is an individual entity and a school may enter as many or as few races as they choose. You only make one payment for participation at your first race each year. Details of this are available in the 'September Letter' under the 'Forms & Letters' tab at the top of the page.
5. There are six races at each meeting - Y4 girls, Y4 boys, Y5 girls, Y5 boys, Y6 girls, Y6 boys. Schools may enter 18 or fewer boys and 18 or fewer girls at each race meeting.
6. At the meeting each school will receive a results recording pack. There are two small results cards indicating your fastest 4 boys and fastest 4 girls positions overall. These are used to work out the winning teams. Please return these when asked for.
7. Medals will be awarded to the first three individuals of each race. In the Wirral Cup Races medals will be awarded to the first six teams. No child shall win two medals at a meeting. If a child is in the first three and is a member of a winning team, then the team medal shall be passed down to another member of the team. Any child finishing in the positions four to ten who is not receiving a team medal will receive an individual medal.
8. **Scoring** – At the end of a meeting your four best scores on your team cards will give your teams scores (boys team separate from the girls team). Team totals (for complete teams) are entered on a card and should be handed in at the end of the race. Results are not sent out to schools and are only announced during the presentation.