

11th September 2023

CROSS COUNTRY LEAGUE

Dear Parents/Carers

The cross-country season is almost upon us and we are very excited to be part of the Southampton Cross Country League at the Sports Centre again this year.

The league is open to anyone in KS2 (Years 3-6) and takes place across four Fridays in September and October at Southampton Sports Centre. It provides a great opportunity for children to compete against other primary-aged children (of all abilities) from across the city. The distance of the race is 2km and boys and girls race separately. Championship races and March Hare Relays take place in March in which the children can also compete – I will send a letter out about these races nearer the time.

Parents/carers will need to transport their child to and from the Sports Centre and be responsible for their child at the event. Children need to arrive at the Sports Centre to be registered at **4pm** and the race will start shortly after. Registration takes place on the cricket pitch near the BMX bike track. The event is usually finished by approximately 4.45pm.

I will be at the Sports Centre to meet the children and register them. They will receive a ticket when crossing the finish line which they need to hand in to me so their performance can be recorded.

It can be breezy at the Sports Centre, so a hoodie/tracksuit is advisable for before and after the event. Suitable trainers and running bottoms need to be worn for the races. I will provide the children with a Tanners Brook t-shirt to wear – they will need to come and see me in school time before the 1st race.

The race dates are as follows:

League Race 1: Friday 22nd September 4pm

League Race 2: Friday 29th September 4pm

League Race 3: Friday 6th October 4pm

League Race 4: Friday 13th October 4pm

If your child would like to take part and is able to attend the races, please complete the slip attached and return to me by **Wednesday 20th September** at the latest.

Signing the slip does not mean that your child is committed to compete in every race as they may take part in as many or as few races as they wish. However, they will need to run in a minimum of 3 out of the 4 league races to be counted in the league.

Southampton Junior Parkrun

If your child would like some extra running training in preparation to the league races, I would highly recommend the Southampton Junior 2k Parkrun which takes place at Southampton Common, every Sunday morning at 9am. You will need to register your child online and print off a barcode which gets scanned at the end of each race, enabling the children to see their time online. It's a great event and children between the ages of 4 and 14 may take part. Here is the link to the website for more information:

<https://www.parkrun.org.uk/southamptoncommon-juniors/>

If you have any questions or queries, please catch me at the end of the school day outside the Year 5 doors or send me an e-mail.

I look forward to seeing lots of you soon!

Yours sincerely,

Laura Phillips
UKS2 Phase Leader

CROSS COUNTRY LEAGUE 2023-2024

Dear Mrs Phillips,

My child would like to take part in the Southampton Cross Country League at Southampton Sports Centre.

I am able attend the event with my child and transport him/her to and from the Sports Centre.

If necessary, I will ensure my child carries their epi-pen/inhaler on them in person.

Child's name: _____ Class: _____

Signed (Parent/Carer) _____