



KENT SCHOOLS' CROSS COUNTRY CHAMPIONSHIP

Wednesday 4th January 2023

This letter is for parents/carers and teachers of those pupils selected to run for Thanet district at the Kent Schools' Cross Country Championship on Saturday 21st January 2023 at Central Park, Dartford.

Please read this in conjunction with my earlier letter. If you did not receive that via your child's school at the beginning of September, you can download a copy here:

<http://eastkentcoaching.com/KSAACrossCountryEntries2023.html>

Weather - Cross Country goes ahead unless courses and/or traffic conditions are unsafe. If the weather is particularly severe in the preceding days, keep an eye on the Kent Schools' Athletic Association website: <http://ksaa.org.uk/> A final decision will be made on Thursday 19th January. In the unlikely event of a postponement, there is a reserve date of Saturday 4th February 2023.

Arrival - Aim to arrive at least an hour before your child's race. Unfortunately, there is no parking available within the park itself. Several public car parks are located nearby. Acacia car park is the nearest. (NB - There is no access to the event via the Cranford Road entrance.)

Registration & Kit - Race HQ is at the Dartford Harriers AC club house. This is adjacent to the blue running track. All runners are required to pay a £5 entry fee to help cover costs of the competition. Check in with me at the Thanet table to collect your child's race number. This should be affixed to the front of their top with safety pins. I will have a supply of these. Most pupils race wearing their school kit, although those who belong to running clubs may choose to wear their club kit instead. Please note that crop tops are not permitted. Spiked footwear is allowed and is recommended.

Course - Unfortunately, course maps have still not been circulated. (The Dartford Parkrun takes place in the same park and it may be that the KSAA races utilise part of that tried-and-tested route. See <https://www.parkrun.org.uk/dartford/>) The official course map, once confirmed will appear here: <http://ksaa.org.uk/events/22-23/2023-01-21-kent-schools-cross-country-champs.html>

Post-race - Some runners will be given a form to complete or a card with a QR code, asking whether they are available to represent Kent Schools at subsequent Inter-County events. Read it carefully – it may require prompt action. If you are not sure what to do, find me before leaving the venue, or email steve@eastkentcoaching.com as soon as you get home.

If your child is unable to take part, please let me know in advance if possible. Otherwise, I look forward to seeing you on the day.



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