

HULME HALL GRAMMAR SCHOOL



ISA NORTH CROSS COUNTRY CHAMPIONSHIPS 2019

DAY: WEDNESDAY **DATE:** 23rd **MONTH:** JANUARY

TIME: LEAVE CLASS 9.55A.M – (bring books for lesson 1). ARRIVE TO SCHOOL IN FULL TRACKSUIT – SHORTS & T SHIRT / RUNNING KIT UNDERNEATH

VENUE: SCARISBRICK HALL SCHOOL, ORMSKIRK

WE SHOULD **RETURN TO SCHOOL BY 3PM** – BRING BOOKS FOR LAST LESSON! (Pupils are expected to catch up with any class/homework missed).

FURTHER INFO:

Competitors that are placed in the top 10 for their event are likely to be asked to represent the North of England ISA XC team at the National Finals. This will take place at Princethorpe College, Rugby, Warwickshire on Saturday 3^{0th} March 2019. Parents will be required to take their own child to this prestigious event should you qualify!

- The course/ day is likely to be wet & muddy, so please bring running spikes if you have them. Some pupils choose to run in studded football boots. Taping your footwear to your feet is also useful if you can bring strong electrician's tape!!
- Everyone must bring suitable waterproof coat, umbrella & warm layers-you will be outside all afternoon with no shelter. It is acceptable to compete in running tights, gloves, hat/headband – light, breathable layers are best.
- All runners must bring a complete change of footwear & clothes & a towel – also a bin bag/plastic bag to put dirty running kit & trainers in. You will not be allowed back on the coach in muddy clothes/footwear.
- Bring a packed lunch. (If you normally have school dinners we will order a packed lunch for you. Please order via reply slip.)
- It is advisable for all to bring extra drinks – NOT fizzy ones and perhaps a snack such as a cereal bar.

Parents are welcome to attend. The venue details & start times are attached.

PLEASE RETURN REPLY SLIPS TO MRS SMITH AS SOON AS POSSIBLE

See Mrs Smith / Mr Bradford / Miss Lucas if you have any questions

Good Luck!

S63

I GIVE / DO NOT GIVE MY CONSENT FOR _____

TO TAKE PART IN: ISA XC @ S HALL 23/1/19

My child has paid for a School lunch and requires a packed lunch:

Cheese*/Ham*/Tuna* sandwich (*delete as appropriate)

SIGNED: _____ DATE: _____