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21/1/20

Durham County Individual Schools' Cross Country Cup 2020
at Emmanuel College, Gateshead.
Friday 28th February , 11.00 am start.

Dear Colleague,

Congratulations to your school for winning the District Cross-Country Championships. Your winning team(s) has (have) now qualified for the Durham County Individual Schools' Cross Country Cup ,which will take place as stated above and will be ran on the Emmanuel fields and the gravel tracks of the Watergate Park. Trainers are recommended although some runners do use spikes on this course, boots are not suitable.

Instructions for staff

Park in the Watergate Park Car Park – see map

Bring team changed – changing and toilet facilities are very limited.

Please check in at the results room in the football changing rooms upon your arrival, to collect results envelopes. Check in will open at 10.30 and all teams should have arrived by 10.50am.

Bring your own first aid kit.

Collect discs from athletes after the finish and place in recording envelope. This should be completed and returned to the Results Office as soon as possible.

At the end of the meeting trophies will be presented to the winning schools.

Help keep runners in order after the finish if you can.

Order of Races

Year 7 girls 11.00 am

Year 7 boys 11.10 am

Junior Girls 11.20 am

Junior Boys 11.35 am

Inter Girls & Senior Girls 11.50pm

Inter Boys & Senior Boys 12.05 pm

Presentations 12.30 pm

Maximum of 8 to run 6 to count for all ages except seniors.

Seniors 4 to count.

Please bring pins for your seniors as they will be given some form of number to distinguish them from Inters. Senior girls will do same course as Inters, Senior boys will do a lap of the field and then follow the Inters course.

This is a definite running order, but after the first race races will start earlier if possible.

Please confirm entry by February 5th.

Should you have any queries please feel free to contact me at Emmanuel College.

Yours sincerely,

Simon Leonard

