

22<sup>nd</sup> March 2021

Dear Parent/Carer

**Re: New Balance English Schools' Virtual Cross Country Championships 2021**

We have recently received the details for the English Schools Virtual Cross Country Championships 2021. The event is distances that have been adapted for this year's event to make it easier for athletes to record their times. Full details are below and you must ensure that a member of the PE department has verified your time, which can be done via a screenshot from a relevant fitness tracking app such as MapMyRun, Strava or similar.

The athlete can choose the course they wish to run and post a time to be submitted as part of the competition. Some country parks have designated routes that have been measured already. Colwick Country Park, Gedling Country Park and the Forest Recreation Ground are the closest venues to Arnold Hill Academy. We are aware that some courses are different but **we are not advising a particular course or courses and both school or club courses can be used as well.**

English Schools would like to point out that 'Park Run' events are not permitted at the moment. We are only suggesting you might use a park run venue to record your time.

**Step 1: Course** – Find a course local to you (adhere to current travel restrictions)

**Step 2: Safety** – Check the route yourself to ensure you are happy with it and make sure it is accurately measured. English Schools will not be held responsible for any injuries that may occur.

**Step 3: Sign Up** – Enter the race for free, via this link, telling us which course you have chosen, your time, the county you represent, your age group (race distances are different) and an email address of the person who is verifying your time.

[https://docs.google.com/forms/d/1a\\_naydV0bftLyyWiqPXG5Elk1A5J9GrhinZ3sQAUeM/edit?ts=6039047e](https://docs.google.com/forms/d/1a_naydV0bftLyyWiqPXG5Elk1A5J9GrhinZ3sQAUeM/edit?ts=6039047e)

**Age Groups**

**Junior** – Thirteen years to under fifteen years of age on 31<sup>st</sup> August 2021.

**Intermediate** – Fifteen years to under seventeen years of age on 31<sup>st</sup> August 2021.

**Senior** – Seventeen years to under nineteen years of age on 31<sup>st</sup> August 2021.

**Race Distances – (used for simplicity purposes only)**

Junior Girls and Junior Boys 2k (Junior Park Run)

Intermediate Boys, Girls & Senior Boys, Girls 5k

**Verification of times**

Times must be verified by a coach or teacher, their email address is to be included on the entry form as part of the verification process.

**Government Guidelines**

We strongly recommend that you adhere to government guidelines with regards to travel and suitable travel distances for leisure (further details on travel are available on the government's web page) you must also adhere to government guidelines on exercise in open spaces and coaching.

Arnold Hill Academy is part of the Spencer Academies Trust

Registered office: Arthur Mee Road, Stapleford, Nottingham NG9 7EW

The company's registered number is 7353824

We strongly recommend that you run as an individual, sticking to the strict government guidelines on physical activity in open spaces.

We do not wish for large groups to turn up to run at one time, you must consider the general public using public open spaces.

**Deadline for entries**

Midnight on Sunday 28<sup>th</sup> March 2021

If you would like to discuss anything further, please do not hesitate to contact me.

Yours faithfully

Brian Newson

PE Teacher

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