23rd January 2020

Dear Athlete,

Congratulations on finishing in the top 10 places at your Year 5 Schools Cross Country event during the Autumn Term. As a top 10 finisher we would like to invite you to take part in the Watford and District Cross Country Finals which are being organised by Watford Harriers.

The Watford and District Cross Country Finals will take place on Saturday 28th March 2020 in Cassiobury Park. To register your interest, please complete the attached entry form and send in no later than **Wednesday 18th March 2020**. A confirmation email will be sent providing you include an email address on the form below, race numbers are to be collected on the day so make sure you arrive in good time. The format on the day is as follows:

|  |  |
| --- | --- |
| **TIME** | **EVENT** |
| 10:00am | Arrive/Walk the Course |
| 10:45am | Year 5 Girls Race Start |
| 11:00am | Year 5 Boys Race Start |
| 11:45am | Presentations |

The cross country course will be approximately 1600m/1mile in distance and will be mainly run on grass. This is often very muddy so please where appropriate footwear. Spikes are preferable if you have them. Race HQ will be located near to the Cha Cha Café in Cassiobury Park WD18 7HY, so on arrival please make your way to this area and collect your number from the registration desk.

Please ensure that you wear your School PE Kit and bring plenty of water. Spectators will be welcomed at the Cross Country and each participant must be accompanied by at least one adult.

**The top ten finalists will be invited to join our Endurance Academy**

If you would like to take part please complete the attached entry form and either return it by post or by email to the addresses on the form. If you have any queries please do not hesitate to contact me.

Yours faithfully,

Richard Parles

Watford Harriers

**Watford and District Cross Country Final**

**Entry Form**

To register please complete the form below and return it to:- Richard Parles, Corinden, Temple Close, Watford, WD17 3DR or email to:- whogm@watfordharriers.org.uk by **Wednesday 18th March 2020**.

|  |  |
| --- | --- |
| **First Name:** | **Surname:** |
| **School:** | **Year Group: 5**  **Gender: M / F** |
| **Date of Birth:** | **Contact Tel No:** |
| **Email Address:** |  |
| **Address:** | |
| **Emergency Contact Name:**  **Emergency Contact No:** |  |
| **Medical Information:** |  |

Photographs will be taken and may be used for future publicity and press releases. If you do not wish photos of your child to be taken please tick the box □.

I give permission for \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_to take part in the Cross Country and take parental responsibility to ensure that he/she will be supervised at the event.

Signed: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ Parent / Guardian

Name: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ Date: \_ \_ \_ \_ \_ \_ \_ \_ \_