

ESAA Schools Cross Country Championships

Saturday 15th March 2025

South of England Showground – Ardingly – West Sussex

Notes for Athletes and Parents

Team Manager: Nicky Holland

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REMINDER - Athletes will need to make their own travel/overnight accommodation arrangements.

Each Age Group team will have their own designated Team Manager for the Championships!

Kit :

"wellies" or something suitable to walk the course in plus WARM and WATERPROOF CLOTHING remember some of you will be waiting around for a few hours before you race on the Saturday - Spikes at LEAST 9mm up to 15mm – this depends on the course conditions on the day, and your own **PLAIN BLACK SHORTS** – Blue/Grey etc are **NOT** to be worn. Under armour/Skins/T-Shirts maybe worn but please can they be in the **Devon colours of Red, White or Black!**

Athletes will be issued with a Devon Schools vest which **MUST** be returned to your team manager **BEFORE** you sign to leave with parents etc. It is advisable to bring a change of clothing plus a towel to "dry" off with as there will be no shower facilities! Do not forget 4 **safety pins!**

Cost:

The cost of the event is **£5.00** which **must** be returned by post or email, along with a COMPLETED reply slip (cheques made payable to **Devon Schools Athletics Association** or by **BACS** payment Account no. 02709066 Sort no. 56-00-63 Please **IDENTIFY** who you are! - by **Wednesday 12th FEBRUARY.**

Please check our website (www.devonschoolsathletics.org) nearer the Championships for information about the arrangements on where and when to meet on the day!

And www.esaa.org.uk – click on Cross Country Championships this site will be regularly updated nearer the even. ESAA is also on **Facebook** and **X** which is more regularly updated than website!

Good Luck and look forward to seeing you run again for Devon Schools!!

Nicky Holland

Devon Schools Cross Country Team Manager

