

**Instructions for those chosen to represent the City of Bradford
in the West Yorkshire Schools Cross Country Championships
at The Grammar School at Leeds on Saturday 5 February 2022**

APPROXIMATE STARTING TIMES :

| | |
|--------------|-----------|
| Senior Girls | 1.15 p.m. |
| Senior Boys | 1.35 p.m. |
| Yr7 Girls | 2.10 p.m. |
| Y7 Boys | 2.20 p.m. |
| Junior Girls | 2.30 p.m. |
| Junior Boys | 2.50 p.m. |
| Inter Girls | 3.10 p.m. |
| Inter Boys | 3.35 p.m. |

VENUE The Grammar School at Leeds, Harrogate Road, LS17 8GS

TRAVEL You will be expected to make your own way to the venue. Please try to arrive at least 40 minutes before your race so that we have time to give out vests and numbers

THE COURSE is suitable for spikes

KIT You will be provided with a vest, but please provide your own shorts, and four safety pins. Bring plenty of warm clothing.

AFTER THE RACE Please ensure that you hand your vest back to your Team Manager. In addition, the first twelve runners in each race will be given a letter which includes a return slip which must be completed and handed to your Team Manager before you go home.

PLEASE INFORM ME AT ONCE if you do not wish to run, or if, for any reason, you cannot do so.

A.J.Kingham

Hon. Secretary

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Any changes to the above will be posted on the website : please check before the day

P.S. If your name is mis-spelt, please let me know !