

**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 4 February 2023**

APPROXIMATE STARTING TIMES :

Senior Girls	1.00 p.m.	
Senior Boys	1.20 p.m.	Programmes will be on sale
Yr7 Girls	1.55 p.m.	for £2.00
Y7 Boys	2.05 p.m.	
Junior Girls	2.15 p.m.	
Junior Boys	2.35 p.m.	
Inter Girls	2.55 p.m.	
Inter Boys	3.20 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 escorted to the Association tent where they will be required to provide information for the English Schools entry form.

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

Mr T Kingham Hon. Secretary
Mr M Grieve Team Manager

19 Wharnccliffe Road Shipley BD18 2AW 01274 582680
email: tonykingham@blueyonder.co.uk

www.bsaa.org.uk

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 !