



ST. AIDAN'S

CHURCH OF ENGLAND HIGH SCHOOL

St Aidan's Cross Country

English Schools' Cup National Final

Spinkhill, North Derbyshire

Saturday 7 December (9am – 7pm)

Year 7/8 Girls	Year 7/8 Boys	Year 9/10 Girls	Year 9/10 Boys
2400m - 2.00pm	2900m - 1.30pm	2900m - 1.00pm	4400m - 2.30pm

The plan is to leave school at 9.00am on Saturday, arrive in Spinkhill by 10.30am to walk the course, warm up and race.

After the races, we will head home and stop for tea at a restaurant, arriving back at about 19:00, depending on whether we need to stay at the race for prize-giving.

Please Bring **Racing kit** – black or blue shorts, white or black thermal, spikes
Sports kit – tracksuit or leggings, warm clothes, trainers

Cost National Finals Long Sleeved Tops are £10, paid in advance via ParentPay.

The celebration meal will be around £10, if students could bring cash on the day to pay for the meal in the evening.

If cost is a problem, please do not hesitate to contact a member of staff.

Please could you pay on £10 on ParentPay as soon as you can, as confirmation that your young athlete will be able to compete.

Many thanks and many congratulations on reaching the National Finals,

Dr Bryant, Mrs Barlow, Mr Strover and Mrs Woodbridge

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