



Cross Country Team

- ☺ Meet at the venue. At 9.40 a.m. Mrs. Hopkinson will be there. **Many thanks** to Kathryn Hardy, Sally and Glenn Darley who will help if I am not available.
- ☺ Y3/4 girls run at 10.00 a.m. followed by Y3/4 boys, Y5/6 girls and then Y5/6 boys. **Please wear white T shirt and you will be given a Dore Team Vest**
- ☺ Keep warm with extra clothes on for as long as you can until the start of the race.
- ☺ **GENTLY** warm-up! Do not race around and wear yourself out before the race starts!
- ☺ Try and get a good start position **TOGETHER** near the centre of the line.
- ☺ When the whistle goes, get as near to the front as you can with a fast start, but then steady down and run comfortably. Near the end of the race you can speed up again if you have the energy left. A lot of places can be made up near the end if you have run sensibly.
- ☺ There is a finishing tunnel at the end of the race and somebody will direct you into the right line. **Do not overtake in the tunnel.**
- ☺ **Make sure you collect your ticket number and show it to the Dore adult waiting at the end of the tunnel.** This number gains points for the school and for your own points score. **PLEASE MAKE SURE YOU FIND THE ADULT.**
- ☺ After the race dress up warmly again and have a drink - water or a still drink is best.
- ☺ If you travel with someone else please make sure you return with them **OR let them know if you are going with somebody else.**
- ☺ Please support other runners especially Dore children and those running at the back of the field. They all need encouragement!
- ☺ **AN IMPORTANT RULE** - Do not run alongside any runner - this could lead to disqualification!
- ☺ **AN IMPORTANT SAFETY RULE** - **Never cross the track** whilst the race is in progress. Keep well away from the runners. Please do not cause an accident.
- ☺ **PARKING** - can be a big problem. Wherever possible please share transport. Park carefully so as not to block roads and bays. The police booked some cars last year because of complaints from local communities.
- ☺ **Thank you for being part of the team! Good Luck and Happy Running!**