

Afan Nedd Tawe Schools Athletics Association

Cross Country Development Races @ Margam Park

Monday 3rd October @ 2.30pm

The Afan Nedd Tawe Schools Athletics Association has invited all secondary schools and colleges to compete and officiate at the cross country development races. We thank Margam Park and Neath Port Talbot Council for the use of the facilities, the Association would also like to thank officials from Neath Harriers, Swansea Harriers and Welsh Athletics for their support. The events are primarily targeted at athletes new to cross country running, there are no prizes and these are not selection races for any other event.

Mr Steve Jones (Chairman)

Invited Schools

St JOSEPH'S	YSGOL BAE BAGLAN	BISHOPSTON	BISHOP VAUGHAN	DYFFRYN
PENYRHEOL	BISHOP GORE	OLCHFA	CEFN SAESON	LLANGATWG
CEFN HENGOED	YG GWYR	DWR-Y-FELIN	N.P.T. COLLEGE	GOWERTON
CWMTAWE	MORRISTON	DYLAN THOMAS	PONTARDDULAIS	FFYNONE
BIRCHGROVE	BRYNTAWE	PENTREHAFOD	YG YSTALYFERA	GOWER COLLEGE
CYMER AFAN	YG BRYN TAWE			

RULES & INFORMATION

- Schools and colleges taking part must be affiliated to the County Association.
- **No athlete is allowed to compete unless accompanied by a member of staff.**
- The assistance of staff in officiating at the fixtures would be welcomed.
- Toilets and changing facilities are available.

HEALTH & SAFETY

Athletes are advised that Health and Safety regulations recommend that you should examine the course for potential hazards before competing. The course has been checked by the organisers and a risk assessment conducted. The Race Referee has inspected the course and declared it suitable for use. Any competitor who has concerns about a safety aspect on the course should bring it to the attention of the organisers and/or the Referee immediately. If the issue cannot be resolved satisfactorily the competitor will be advised not to participate in the event.

FIRST AID

First Aid cover is available on site. Any situation arising that requires First Aid treatment anywhere on the course must be reported immediately to First Aid Personnel. All participants are reminded of their duty of care for each other. If you suspect that someone, athlete or spectator, is in need of medical assistance you must act appropriately.

TIMETABLE:

2.30pm Year 7 Girls	2 small laps	1500m
2.45pm Year 7 Boys	2 small laps	1500m
3.00pm Year 8 & 9 Girls	1 small then 1 large lap	2150m
3.15pm Year 8 & 9 Boys	1 small then 1 large laps	2150m
3.30pm Year 10, 11, 12, 13 & 14 Girls	1 small then 2 large laps	3550m
3.45pm Year 10, 11, 12, 13 & 14 Boys	1 small then 2 large laps	3550m

