

**Afan Nedd Tawe Secondary Schools & College Cross Country Development Race  
Monday 28<sup>th</sup> September @ Pontarddulais Secondary School, SA4 8PD @ 4pm**



**TIMETABLE**

4.00pm Year 7 Girls	2 laps	2000m
4.10pm Year 7 Boys	2 laps	2000m
4.20pm Year 8 & 9 Girls	2.5 laps	2500m
4.30pm Year 8 & 9 Boys	2.5 laps	2500m
4.40pm Year 10 to 14 Girls	3 laps	3000m
4.50pm Year 10 to 14 Boys	3 laps	3000m

**SCHOOLS & COLLEGES**

St JOSEPH'S	GLANAFAN	BISHOPSTON	BISHOP VAUGHAN	DYFFRYN
SANDFIELDS	BISHOPGORE	OLCHFA	CEFN SAESON	LLANGATWG
PENYRHEOL	GWYR	DWR-Y-FELIN	N.P.T. COLLEGE	GOWERTON
FFYNONE	CEFN HENGOED	MORRISTON	DYLAN THOMAS	PONTARDDULAIS
CWMTAWE	BIRCHGROVE	BRYNTAWE	PENTREHAFOD	YSTALYFERA
CWRT SART	GOWER COLLEGE	CYMYR AFAN		

**RULES & INFORMATION**

1. Schools and colleges taking part must be affiliated to the Afan Nedd Tawe Schools Athletics Association.
2. **No athlete is allowed to compete unless a member of staff from their school is present.**
3. The assistance of staff in officiating at the fixtures would be welcomed.
4. Toilets and changing facilities are available on site.
5. Each school is responsible for First Aid cover of their own pupils.
6. Course marking, and stewards and carrying out risk assessments are done by the meeting manager.
5. 1 Lap = 1,050m.

**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 the responsibility of each school for their own athletes. 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.