



Primary Schools Open Cross-Country Challenge Saturday 26th November 2016, Brecon

Race 1: Year 5 Girls 11.00 Race 2: Year 5 Boys 11.15

Race 3: Year 6 Girls 11.30 Race 4: Year 6 Boys 11.45

All races are 1400m long. Schools may enter an unlimited number of runners.

Entries cost £1 per runner or £10 for an unlimited number of runners. (cheques payable to 'Welsh Athletics').

Please enter the following children for the Primary School Race:

Surname	First name	Boy/Girl	Date of Birth	School Year

(N.B. You may also enter those children in year 4, who are at least 9 years of age on 26^h Nov.)

School: _____

Teacher / Team manager: _____

Address: _____

_____ Post Code: _____

Telephone: _____ E-mail: _____

Please make sure you include a legible email address for confirmation of entries and further instructions.

Please return to: Satu Haikala, Tawelfa, 49 Camden Road, Brecon, Powys, LD3 7RT
by Friday 18th November 2016.

Please ensure that adequate supervision for teams is provided on the day and that athletes wear suitable clothing, are reasonably prepared to participate and healthy & fit enough to complete the course. The course is over grass fields and can be slippery if wet. It is relatively flat with mild undulations. Spiked shoes are recommended or shoes with a degree of grip. If dry, trainers may be adequate.