**Welsh Schools Athletics Association**

**NASUWT CUP & PLATE**

**WEDNESDAY 9TH JULY 2025**

Dear PE department,

Congratulations on reaching the Final of the NASUWT Cymru Cup or Plate Competitions on Wednesday 9th July 2025 at Penlan Arena, Brecon, starting at 1:00pm prompt.

To ensure the competition runs smoothly, please ensure that you **provide contact details as soon as possible** so that entry forms can be sent to you. Then on the day:

* **Team registration** is done in the pavilion **alongside the track, the main building on the left of the home straight,** in plenty of time prior to the start of Competition **(by 12:30pm please if possible).**
* **All changes from the original team declaration forms** need to be **completed onto the Alteration forms and handed in at Registration.**
* You **collect Team Numbers from Registration** in the pavilion.
* Hurdles and High Jump athletes must have “spikes” in case of wet weather.
* Please note Triple Jump has no restrictions on run up length.
* **All athletes and teachers must have their own packed lunches/snacks** etc – **please note that there are no packed lunches provided by the Association for teachers** – so ALL staff must also bring their own food.
* Districts will be allocated event[s] to help officiate and each school will be required to provide 3 or more individuals to officiate.
* The centre facilities are available to the athletes, and we expect best behaviour from everyone.

**We ask that you kindly also help us ensure that no rubbish is left Trackside nor in the Stand. If possible, take it home with you, please nominate two older athletes to monitor their school’s litter.**

Parking spaces are available at the venue **BUT ARE LIMITED**. Coaches are requested to drop teams off at the track and then park at any convenient place.

The Competition will start promptly at 1pm – **we will NOT be delaying** the starting time for late arrivals – please allow plenty of time to travel to Brecon and prepare the athletes accordingly. Please note that most of the major roadworks to both the A465 and A470 in and around Merthyr Tydfil are now completed, however, please allow 20 minutes extra just in case.

If a problem arises whereby, you cannot field a team and attend – **PLEASE INFORM Steve Jones on delythstevejones@aol.com ASAP** so that another school from your area can be invited in your place. 