**Primary Schools Cross-Country League**

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**Bake Lakes - Friday 3rd March 2023**

The fifth & final event of this cross-country season is being held at Bake Lakes, Trerule Farm, Trerulefoot, Saltash, PL12 5BL by kind permission WH Bond & Sons Ltd.

**ROUTES TO BE FOLLOWED TO THE VENUE:**

**Vehicles from Liskeard & Saltash areas** – from A38 please take exit off Trerulefoot roundabout onto unclassified road sign-posted to Bond & Bake Lakes and follow the Arrows.

**Vehicles from Torpoint & Looe areas** – please approach from A374 & A387 taking left or right turn off A387 at crossroads at the top of Hessenford Hill sign-posted to Bond & Bake Lakes and follow the Arrows.

**Please Note Change to Parking Entrance - NO ACCESS at Bake Fishing Lake Entrance**

Please park where indicated by marshals.

Parking a huge number of vehicles at this time of year is challenging so please reduce traffic and car-share as much as possible!

**RUN START TIMES:**

Yr 3/4 Girls – 4.00pm

Yr 3/4 Boys – 4.10pm

Yr 5/6 Girls – 4.20pm

Yr 5/6 Boys - 4.35pm

This course is suitable for spiked shoes or, if not, then running shoes with 'good grip' are advisable!

You will need to **LEAVE** at **2.40 pm** as it is about 30 minutes to Bake Lakes and registration is from 3.15pm. Please collect your children from the school office.

All cross-country races are funded by the school using our sports premium funding.

**Please note:**Bottled water, sport and soft drinks are available to purchase at cost price.

Please remember to bring appropriate footwear, spare clothes, a towel and a bin liner for dirty clothes. These events can be very messy!

Thank you

Mrs Kalarus

If your child would like to attend this Cross Country event, please fill in the form below and return to school by Tuesday 28th February by emailing it to myself at ecanning@harrowbarrow.cornwall.sch.uk

Child name…........................................................................ will be attending the Bake Lakes Cross Country on Friday 3rd March and will be collected from the office at 2.40.

Name of siblings to leave early, if attending this event to watch: ……………………………………………………………………………………………………………………

Signed…………………………………………………… Date……………………………………………..