LANDRAKE INTER SCHOOL CROSS-COUNTRY RUN

Dear Parents/Carers,

Landrake inter school cross country run is on **FRIDAY 10th MARCH 2023 at 1:30pm**

**Registration will be from 1.00pm**

The annual cross-country run for KS2 school children takes place at Sir Robert Geffery’s School, Landrake near Saltash.

The race will start from the main playground. The course, some three “Cornish” miles, is billed as the hardest, dirtiest, wettest but the most interesting in Cornwall. It starts and finishes at the School and takes in lanes, fields, woods, hills and a salt marsh. If you complete the course and are still dry, you’ve gone the wrong way!

**You are advised to bring something suitable for the journey home to sit on: eg: bin liner.**

\*\*Children must have had some training over a similar distance and be able to run most of the course.\*\*

A charge of £1.00 is requested for each entrant to cover expenses, to provide a certificate and drinks for all participants. The school’s sports premium funding will cover this.

There will be additional refreshments on sale for spectators and parents. Parents and teachers are welcome to run, at no charge, with their children. The first half mile is along a road, before the course enters the fields.

Please note that due to the large numbers that attend (in previous years we have had up to 650 children who finished the course), there is no parking at the school. Parking is limited within the village, so if you are able to share transport this would be helpful.

There will be a designated parking area on the northern side of the village off the main A38. It will take approximately 10 minutes to walk from there to the race start. Toilet facilities are available, but there are no changing facilities.

You will need to **collect your child at 12.30pm** from the school office,in order to arrive on time.

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 the 28th February 2023.

Child name…........................................................................ will be attending the Landrake Cross Country on Friday 10th March and will be collected from the village car park at 12:30pm.

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

Signed…………………………………………………… Date……………………………………………