

Mylnhurst Cross Country Information

Other Cross country races during the year

Invitational events

Mylnhurst hold an invitational event during the Autumn term within our school grounds, plus we are invited to other events during the year at neighboring schools. Children who regularly attend cross country practices will be able to take part in one of these events.

City Championships: 2nd March

This takes place towards the end of the season at **Graves Park**. We meet near the cricket pavilion. It is normally very busy as many primary schools in the city participate. The top 10 individual runners and the top 3 teams are awarded. This race is always very muddy so trainers with grips/spikes/football boots are recommended.



Catholic cup

This takes place during cross country season and is organised by St Maries with only a smaller number of schools taking part! Prep 3's are allowed to run in this race even if they are aged 7. Trophies and medals are on offer.

Relays

These races are organised by the Mylnhurst captain. There can only be 4 in a team (no more and no less).

9 March Y3/4 Relays,
Shirebrook Valley

23 March Y5/6 Relays,
Limpsfield School



Mylnhurst Cross Country Information

Primary Cross Country Races 2018/19



15 September	Bolehills Park
29 September	Parkwood Springs
13 October	Norfolk Park
17 November	Bradfield School
1st December	Longley Park
26 January	Brunswick School
9th February	Concord Park
2 March	City Championships, Graves Park

Further information can be found online at: www.sfss.co.uk

Or speak to our cross country captain: Alexander Hussey

Or contact Mrs Goodhill: lgoodhill@mylnhurst.co.uk

Mylnhurst Cross Country Information

- ◇ Welcome to the new cross country season. All children interested in taking part in primary cross country races have the opportunity to represent the school on Saturday mornings.
- ◇ The races are held in numerous locations around Sheffield and each course has different challenges and lengths. The race series exists to provide an opportunity for girls and boys from all Sheffield Primary Schools to compete in a series of races throughout the season. The series provides competition for both individuals and school teams.
- ◇ There are approximately nine events per year throughout the winter and spring terms.
- ◇ The races are often very busy and parking can be problematic, please ensure you arrive in plenty of time.
- ◇ Prep 3's can take part once they are aged 8.
- ◇ Cross country training takes place every Wednesday lunchtime on the field. Trainers **MUST** be worn.
- ◇ If teams finish in the top four they qualify for the South Yorkshire Finals at Canon Hall.
- ◇ All children are welcome to take part on Saturday mornings. Please notify me of your child's attendance by placing their names on the PE notice board during the week of the race.
- ◇ A race manger will record your result, this may be a Mylnhurst teacher or parent.

Mylnhurst Cross Country Information



Start times

All races commence at 10am, however we meet at 9.30am which gives time to walk the course together and warm-up.



Uniform

Please wear your Mylnhurst tracksuit, polo shirt, shorts, trainers with a grip and a cross country vest. Please wash and return the vest after the event.



Code of conduct

No adults or other children are allowed to run alongside a competitor during a race which would result in disqualification. Please ensure spectators and dogs keep off the course and do not cross it.



First Aid

In the event of an accident or incident the host school will take any emergency and follow up procedures. Please ensure individuals carry their own medication i.e. inhalers.



Meeting Point

Parents should remain with their children at these events and our meeting point is the Mylnhurst flag.