



Dobcroft Junior School

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6th September 2024

Dear Parents and Carers,

Wooahoo! The Cross-Country season is upon us once again! We have now received the dates and venues for the races and look forward to seeing as many of you as possible.

Cross Country is open to any child who is in Y3, Y4, Y5 or Y6 regardless of running ability or experience. It is all about getting out there, seeing different parts of Sheffield, enjoying the atmosphere and challenging yourself amongst hundreds of other children across the city. We have been very successful, particularly, over the last few seasons and we would love to see even more children competing for Dobcroft Juniors this year.

Race Dates and Start Times

Race	Date	Arrive	Approx. Depart	Venue
1.	28 th September 2024	8:15am	10:30am	High Hazell's Park
2.	5 th October 2024	9:15am	11.15am	Bolehills
3.	16 th November 2024	9.15am	11.15am	Bradfield Secondary School
4.	30 th November 2024	9.15am	11.15am	Parkwood Springs
5.	14 th December 2024	9.15am	11.15am	Concord Park
6.	18 th January 2025	9.15am	11.15am	Brunswick School
7.	1 st February 2025	9.15am	11.15am	Norfolk Park
8.	1 st March 2025	9.15am	12.30pm	Graves Park – City Champs and Presentations
9.	15 th March 2025	9.00am (Y3/4) 10.00am (Y5/6)	10.30am (Y3/4) 11.45am (Y5/6)	Castle Dyke or Longley Park – Relays and League Presentations

Where to meet

- 45 minutes before the start: Look for the Dobcroft flag (there will be many flags!), where parents and at least one member of staff will be waiting to welcome you. Mr Ross or Mr Wassell will be there and I'm sure you will see plenty of children you know from our school.
- 35 minutes before the start: Walk the course as a team, group or individually, if you prefer.
- 15 minutes before the start: Group warm up.
- Race time (usually 10am): 1st race starts. The order is Y3/4 girls, Y3/4 boys, Y5/6 girls and then Y5/6 boys.

It's important to keep the children warm on the lead up to their race. Another small warm up may be required if your child is running later. It is always great to see so many of our children wanting to run and be part of "Team Dobcroft". Every single child contributes to the overall position of our team. Their positions in each race are added up over the season and are worked out as follows:

The first 4 children's positions are added together to give an overall score and this now becomes team A (for that week). The next 4 will make up team B and so on. For example: If the first 4 children for Dobcroft are placed 8th, 12th, 25th & 40th then their total score would be 85 points. The top 4 runners can change week on week so it's great to encourage the children to do their best, work as a team and encourage each other, as just a single place can change the overall score or mean they have improved their position from last time.

We understand that the children and their families may have other commitments and may not be able to attend every single race, but please try to come to at least 5 out of the 7, plus the 2 Championships.

We wish all the children a fast and, most importantly, fun time for the forthcoming Cross-Country season. It is all about trying, improving, and becoming part of a team, not to mention the socialising for the children, with runners from other schools as well as Dobcroft.



Cross Country Organisation

- ☺ Y3/4 girls run first, **usually** at 10.00 a.m., followed by Y3/4 boys, Y5/6 girls and then Y5/6 boys. Groups are set off at about 10-minute intervals and the courses are between 1-1.5km on average. Terrain varies.
- ☺ **The children run in the red school vests.** These can be worn on their own or on top of whatever your child is wearing. We will produce a list of children who would like to represent the school at the first race, and vests will be allocated and given out by Mr Ross in school on Thursday 26th September before the first race weekend. If you miss the first race, vests will be taken to subsequent races. **If you still have a vest in your possession then please return to the School Office by 5pm on Monday 23rd September.**
- ☺ Keep warm with extra clothes on for as long as you can until the start of the race.
- ☺ GENTLY warm-up! Do not race around and wear yourself out before the race starts!
- ☺ If we have a large team, we will be given a position in the line - the adults will tell you which order our team will stand in. This is based on the finishing position from the previous race.
- ☺ When the whistle goes, get as near to the front as you can with a fast start, but then run steadily and comfortably. Near the end of the race you can speed up again if you have the energy left. A lot of places can be made up near the end if you have run sensibly.
- ☺ The finishing line is at the very edge of the funnel. If you finish close with someone, listen for the colour of shirt to get in the right order. Keep your place in the line! Stand with your hands on your hips so people cannot squeeze past you. **Do not overtake in the funnel, and do not get overtaken!**
- ☺ **Make sure you collect your ticket number and show it to the Dobcroft teacher waiting at the end of the funnel.** This number gains points for the school and for your own points score. Do not go home without telling/showing the teacher your ticket with your position number.
- ☺ If you finish before some of your team mates, got through the funnel, and have shown the member of staff your ticket number, then it would be lovely if you could stay near the finish, cheer them home, and then congratulate them. Everyone needs, and appreciates, encouragement.
- ☺ After the race, dress up warmly again and have a drink – water, sipped slowly, or a still drink is best.
- ☺ If you travel with someone else then please make sure you return with them OR let them know if you are going with somebody else.
- ☺ **Important rule – Parents and children must not run alongside any runner – this could lead to disqualification!**
- ☺ **Important safety rule – Never** cross the track/route whilst the race is in progress. Keep well away from the runners and please do not cause an accident.
- ☺ **PARKING** can be a big problem. Wherever possible please share transport. Park carefully so as not to block roads and bays for local residents as well as other families/competitors.
- ☺

We are looking forward to seeing your children at the first race. Have a go; be part of Team Dobcroft!

Good luck to everyone, enjoy your running and let's have a great season together!

Many thanks

Mr Ross and Mr Wassell

