

**Devon Schools Athletics Association**  
**South West Schools Cross Country Championships**  
**Saturday 3rd February 2024**  
**RNAS Merryfield Ilton Somerset**  
**TA19 9HN**

***Notes for Athletes and Parents/Guardians***

**Travel Arrangements**

This year, Athletes will be required to make their **own** travel arrangements to the event. Directions to RNAS Merryfield are attached.

**Car parking** – Please see the attached RNAS Merryfield Car Parking information. The site will only be **opened** from **11.30am** and it will be very **BUSY** so please allow plenty of time to park! **There will be a £5.00 – CASH ONLY – parking fee.**

**On arrival** -Please **report** to the **Devon Schools Tent (Check the Course map attached and look for the Team Tent Area – the Devon tent will be there!!)** by **MIDDAY** to meet your Age Group Team Manager to collect your Devon vest, numbers and then walk the course! Time is short as the first race is due to start at 1:30!

**Race Start times**

Minor Girls (YR&) 1.30pm – Intermediate Boys 1.34pm – Minor Boys (YR7) 1.54pm - Senior Boys 2.00pm - Intermediate Girls 2.22pm Senior Girls 2.44pm – Junior Boys 2.59pm – Junior Girls 3.13pm

**Cost:** **£10.00 or £35.00** if buying a **Devon Schools Hoodie** - Cheques made payable to **Devon Schools Athletics Association** and returned with Acceptance slip **or Bacs** payment – Account no. 02709066 Sort no. 56-00-63 (NatWest) - Please **ADD** the "Athlete's name and Age Group team (this will greatly help our Treasurer identify who has paid!!)

**Kit:** You will be issued with a **Devon Schools Vest** on the day (please make sure you have put your size on the return form) and which **MUST** be returned to your Age Group Team Manager **BEFORE** you leave. Please note you will need to bring your own **BLACK** shorts/leggings for this event (no other colours are allowed!) - you may wish to wear under armour/long sleeve T-shirts in Black, White or Red.

It is advisable to arrive changed in warm and waterproof clothing as access to changing facilities will be limited.

Do not forget to bring your **8 safety pins** and something suitable to walk the course in other than your spikes!

The course is suitable for Spikes – bring different length "spikes" depending on course and weather conditions on the day.

**Food and Drink:** There will be facilities to buy food and drink. It is advisable to eat 2 -3 hours before your race.

**Keep checking** [www.devonschoolsathletics.org](http://www.devonschoolsathletics.org) for updates and the Somerset Schools Athletics website (who are organising the Championships)

**Spectators:** We welcome your family and friends to come and support you and the Devon team.

**Nicky Holland mob 07977110864 home 01392 833156**

**nikki.holland@exmouthcollege.devon.sch.uk**

