

## **ESAA Schools Cross Country Championships**

**Saturday 14th March 2026**

**Sefton Park Liverpool**

### **Notes for Athletes and Parents**

**Team Manager:** Nicky Holland

Tel: (mobile) 07977110864

e-mail: holland2012@btinternet.com

**REMINDER** - Athletes will need to make their own travel/overnight accommodation arrangements.

Each Age Group team will have their own designated Team Manager for the Championships!

### **Kit :**

**"wellies" or something suitable to walk the course in plus WARM and WATERPROOF**

**CLOTHING** remember some of you will be waiting around for a few hours before you race on the Saturday - Spikes at LEAST 9mm up to 15mm – this depends on the course conditions on the day, and your own **PLAIN BLACK SHORTS** – Blue/Grey etc are **NOT** to be worn. Under armour/Skins/T-Shirts maybe worn but please can they be in the **Devon colours of Red, White or Black!**

Athletes will be issued with a Devon Schools vest which **MUST** be returned to your team manager **BEFORE** you sign to leave with parents etc. It is advisable to bring a change of clothing plus a towel to "dry" off with as there will be no shower facilities! Do not forget 4 **safety pins!**

### **Cost:**

The cost of the event is **£6.00** which **must** be returned by post or email, along with a **COMPLETED** reply slip by **BACS** payment **Account no. 02709066 Sort no. 56-00-63** Please **IDENTIFY** who you are! – by **THURSDAY 12<sup>th</sup> February**.

Please check our website ([www.devonschoolsathletics.org](http://www.devonschoolsathletics.org)) nearer the Championships for information about the arrangements on where and when to meet on the day!

And [www.esaa.org.uk](http://www.esaa.org.uk) – click on Cross Country Championships this site will be regularly updated nearer the even. ESAA is also on **Facebook** and **X** which is more regularly updated than website!

Good Luck and look forward to seeing you run again for Devon Schools!!

Nicky Holland

Devon Schools Cross Country Team Manager