



Bromsgrove & Redditch Athletic Club

West Midlands Young Athletes Cross Country League **Race 5 Sunday 19th February** **Perry Park – Birmingham**

Dear Parent/Guardian/Athlete

Thank you for agreeing to participate in this year West Midlands Young Athletes Cross Country League. For the final race we are at Perry Park, Birmingham next to the Alexander Stadium. Please see below for the start time of each race and see attached for directions and a map on to get there. Please make sure you arrive 45 minutes to 1 hour before your start time, so that you have time to collect your numbers, look at the course and warm up. Also please remember long spikes (9mm-12mm) are recommended for these events. At the last fixture B&R finished 10th out of the 20 teams, which means we are still 10th in the league. In order to maintain our position in the top 10 we need to have a strong turnout in this event, so let's finish this season on a high note! Finally it just leaves me to say good luck (Especially those who are competing for the first time) and enjoy your race.

The timetable for the day is as follows: -

11:00 U/11 Girls 1 full lap
11:15 U/17 Women 2 full laps
11:35 U/11 Boys 1 full lap
11:50 U/15 Girls 2 full laps
12:10 U/13 Boys 1 small lap + 1 full lap
12:30 U/13 Girls 1 small lap + 1 full lap
12:50 U/15 Boys 2 full laps
13:10 U/17 Men 3 full laps

A full lap is approximately 1 mile and a small lap half a mile.

Team Managers Contact info

Girls Team Manager: Rita Brownlie 01564 824358 / 07905 063321

**Boys Team Manager: Philip Woodyatt 01299851450 / 07580858090 /
philipwoodyatt@hotmail.com**

Yours Faithfully

Philip G Woodyatt
Boys Cross Country Team Manager