

SUFFOLK SCHOOLS ATHLETICS ASSOCIATION: CROSS COUNTRY: October 2025

Dear Competitor,

Many congratulations on a brilliant run today. Thanks again to Royal Hospital School for hosting it. All who finished in the top 50 of their race are invited to compete at our final county trial at Woodbridge School on Thursday 15th January 2025. We are also very happy for anyone to run who felt they didn't have a good race today or if you know of anyone who wasn't able to run today.

There are just two trial races so it is in your best interest to make every effort to run at Woodbridge. You must inform the Suffolk team manager for your age range (see below) if you feel you underperformed today or if you are unable to attend the Woodbridge event or are struggling with illness/injury between the two events.

Details for Woodbridge race on Thursday Jan. 15th (your PE staff will support you with these arrangements)

- NUMBERS: **You or your school need to prepare your own number.** If you were in the South/East/central Suffolk races at RHS (afternoon events) use the number in which you finished at RHS eg. 3rd means create Number 3. For North/West runners (morning events) add 100 to your place at RHS so 23rd becomes 123 and 7th becomes 107. Seniors' numbers are their finishing position at RHS as there were combined area races. Print on white card on A5 or A6 – they must be visible and clear and not handwritten. We will have spares if you are struggling with this, but please do your best to do it yourself. These entry numbers will also be listed on our website prior to the Woodbridge event.
- Bring your own safety pins and your own water bottles.
- Please do not arrive before 9.30 am and remember lessons will be taking place in the school.
- All cars and minibuses should park as directed. There is a £2 donation for car parking to support the race costs for the day.
- No dogs allowed on the school grounds.**
- RACE TIMES (please check again on website nearer the time)

11.00	Senior Girls	3800m
11.20	Minor Girls	2300m
11.35	Minor Boys	3200m
11.50	Junior Girls	3200m
12.05	Junior Boys	3800m
12.25	Inter Girls	3800m
12.45	Inter Boys	5700m
13.10	Senior Boys	6500m

- There are no changing facilities, so come ready to run. There is no cover so be prepared for wet/cold weather. Take care with any valuables – no liability or loss can be accepted. All runners run at their own risk.
- Refreshments will be available to purchase
- Portaloos will be available.

After this trial at Woodbridge, your race performances so far will be considered, and we will select up to 16 runners in each age group to represent Suffolk at the Anglian Championships. These will be held in Northamptonshire (at Abington Park) on Saturday January 31st 2026. Further details will be posted on our website. Following that, race teams of eight in the older three age groups will be selected to represent Suffolk at the English Schools Championships in Liverpool, on Saturday the 14th March (there is no race for minors at the English Schools Championships). Our selection policy will be updated on our website.

Best wishes, Chloe Godbold, Lead Team Manager

07480850854: godbold.chloe765@gmail.com

Team Managers

Minors: Chloe Godbold: godbold.chloe765@gmail.com

Juniors: Mandy Godbold: godboldmandy.suffolkschools@gmail.com

Inters: Alistair Dick: alistairdick120@gmail.com

Seniors: Elisa Bostock: elisa@primitivemovement.run

SUFFOLK SCHOOLS ATHLETICS ASSOCIATION: CROSS COUNTRY: October 2025

Dear Competitor,

Many congratulations on a brilliant run today. Thanks again to Royal Hospital School for hosting it. All who finished in the top 50 of their race are invited to compete at our final county trial at Woodbridge School on Thursday 15th January 2025. We are also very happy for anyone to run who felt they didn't have a good race today or if you know of anyone who wasn't able to run today.

There are just two trial races so it is in your best interest to make every effort to run at Woodbridge. You must inform the Suffolk team manager for your age range (see below) if you feel you underperformed today or if you are unable to attend the Woodbridge event or are struggling with illness/injury between the two events.

Details for Woodbridge race on Thursday Jan. 15th (your PE staff will support you with these arrangements)

- NUMBERS: **You or your school need to prepare your own number.** If you were in the South/East/central Suffolk races at RHS (afternoon events) use the number in which you finished at RHS eg. 3rd means create Number 3. For North/West runners (morning events) add 100 to your place at RHS so 23rd becomes 123 and 7th becomes 107. Seniors' numbers are their finishing position at RHS as there were combined area races. Print on white card on A5 or A6 – they must be visible and clear and not hand written. We will have spares if you are struggling with this, but please do your best to do it yourself. These entry numbers will also be listed on our website prior to the Woodbridge event.
- Bring your own safety pins and your own water bottles.
- Please do not arrive before 9.30 am and remember lessons will be taking place in the school.
- All cars and minibuses should park as directed. There is a £2 donation for car parking to support the race costs for the day.
- No dogs allowed on the school grounds.**
- RACE TIMES (please check again on website nearer the time)

11.00	Senior Girls	3800m
11.20	Minor Girls	2300m
11.35	Minor Boys	3200m
11.50	Junior Girls	3200m
12.05	Junior Boys	3800m
12.25	Inter Girls	3800m
12.45	Inter Boys	5700m
13.10	Senior Boys	6500m

- There are no changing facilities, so come ready to run. There is no cover so be prepared for wet/cold weather. Take care with any valuables – no liability or loss can be accepted. All runners run at their own risk.
- Refreshments will be available to purchase

- Portaloos will be available.

After this trial at Woodbridge, your race performances so far will be considered, and we will select up to 16 runners in each age group to represent Suffolk at the Anglian Championships. These will be held in Northamptonshire (at Abington Park) on Saturday January 31st 2026. Further details will be posted on our website. Following that, race teams of eight in the older three age groups will be selected to represent Suffolk at the English Schools Championships in Liverpool, on Saturday the 14th March (there is no race for minors at the English Schools Championships). Our selection policy will be updated on our website.

Best wishes, Chloe Godbold, Lead Team Manager

07480850854: godbold.chloe765@gmail.com

Team Managers **Minors:** Chloe Godbold: godbold.chloe765@gmail.com

Juniors: Mandy Godbold: godboldmandy.suffolkschools@gmail.com

Inters: Alistair Dick: alistairdick120@gmail.com

Seniors: Elisa Bostock: elisa@primitivemovement.run

