

## It is essential to read this now and take action by Sunday January 19th 2025

Dear competitor

Well done on achieving a great result today. This letter has been given to those who finished in the top 20 and is also available to anyone who was unable to race today but did well in the first race at RHS. We now select 16 runners and 4 reserves, in each event, to take to the Anglian race. There is no automatic selection. In making our decision we will take into account your performance in both Suffolk events and will also consider the reason if you did not compete. If we are struggling to determine between two runners we may also look at their performances beyond our races. We spend many hours deliberating this, and the decisions reached are final. The Anglian race is between five counties – Suffolk, Norfolk, Cambridgeshire, Lincolnshire and Northamptonshire. This year Suffolk are hosting it and it will be held at Woodbridge School on Saturday February 1<sup>st</sup> 2025.

If you wish to be considered for a place in the Anglian races, you must complete the form on the next page. Please note you might not be considered for a place in the team if you do not return this form. We will also be considering those who were not able to be here today for a valid reason. **The form must be returned to [suehargadon@outlook.com](mailto:suehargadon@outlook.com) (and copied to your team manager please) by Sunday 19th January.** This letter and form are also on the website (<http://www.suffolkschoolsathletics.info>) if it is easier to download and complete it, Teams will be on the website as soon as we can after that date – it will take a few days.

### Information on the Anglian Race – Woodbridge School, Suffolk: Date Saturday February 1<sup>st</sup> 2025

**Race Fee:** A fee of £10, to cover costs, will apply to all Suffolk runners who must hand this in (cash please) at Woodbridge when they collect their number and vest. Please contact me if it is difficult for you to pay this and we will support you.

**Travel:** As the event is in Suffolk we are not providing any travel to the event.

**Parking:** Parking at the school is limited; parking will also be available at Farlingaye High School or park in the car parks in the town. For those parking at the school there will be a £2 donation requested. Please car share if you possibly can or use public transport.

**Changing:** No changing facilities are available at the event

**Kit:** We will provide a vest. **This must be returned at the end of the race or we will need to charge you for it.** Use black shorts.

**Purchasing kit:** If you wish, once you have been offered a team place, you can order a Suffolk sweatshirt. The sweatshirts are £25. These should be pre-ordered and paid beforehand. If you wish to buy a sweatshirt please contact Chris Woodruff, our treasurer, on [chris.woodruff2@btinternet.com](mailto:chris.woodruff2@btinternet.com)

**Refreshments** will be available.

**Race timetable: with approximate distance. THESE TIMES MAY CHANGE – check website nearer the time.**

12.00 Senior Girls 3800m	13.20 Junior Boys 3500m
12.20 Minor Girls 2300m	13.40 Inter Girls 3800m
12.40 Minor Boys 3200m	14.00 Inter Boys 5000m
13.00 Junior Girls 3200m	14.25 Senior Boys 6500m

The team managers are:

Seniors Alistair Dick: [alistairdick120@gmail.com](mailto:alistairdick120@gmail.com)

Inters Sue Hargadon: [suehargadon@outlook.com](mailto:suehargadon@outlook.com) 07754 611004

Juniors Mark Goddard: [goddardmark@btinternet.com](mailto:goddardmark@btinternet.com)

Minors Chloe Godbold: [godbold.chloe765@gmail.com](mailto:godbold.chloe765@gmail.com)

The next stage after the Anglians is the English Schools XC Championships at South of England Showground, Ardingley West Sussex, on Saturday March 15<sup>th</sup> 2025. We will take teams of 8 for seniors, inters and juniors – there is no race for minors. As we do not need an overnight stay, we expect most runners will travel independently with families/friends, but there will be a minibus/small coach departing from Ipswich for those who need it.

Unfortunately, we cannot cover the costs of this event and so will need you to contribute to them – though your school may be willing to help. We will decide on the final teams, and reserves, after the Anglians.

Best wishes, Sue Hargadon, Lead Team Manager for Suffolk

