



18th January 2024

Dear Parents,

ISA - Junior North Cross Country Regional Championships

THIS LETTER IS ALSO AVAILABLE TO VIEW ON PARENT PORTAL IN THE 'UPPER SCHOOL' FOLDER.

I am pleased to inform you that your child has been chosen to represent Forest Prep at the above event. Please see the details and logistics below.

Dates: Thursday 8th February 2024

Venue: Scarisbrick Hall School, Southport Rd, Scarisbrick, Ormskirk L40 9RU (please enter via the front entrance). Children will travel to and from the event by coach and will return to school in time to be collected at the normal time.

Timings: The event officially starts at 11:30 a.m. We are going to get there with plenty of time to walk the course beforehand.

Refreshments: Your child should bring a refillable drink and an optional healthy snack. A packed lunch will also be provided from school.

Kit Requirements: Please ensure that your child comes to school dressed in the correct PE kit, long PE socks, base layers, well-fitting trainers, and Forest coat.

- Hats and gloves are also advised for between races
- Due to part of the course being on tarmac, the ISA recommends that trainers are worn, not spikes.
- The ground is likely to be wet, so it would be advisable to bring a spare pair of socks and trainers to change into after the race and bring a carrier bag to put muddy trainers in.

Spectators: Parents are very welcome to come and support their children.

Please [click here](#) to indicate whether your child would like to take part, as soon as possible.

If you wish to know any further information, please do not hesitate to contact me.

Yours sincerely,

Mr Bullock
Head of Sport