



TO THE DISTRICT TEAM MANAGERS:

NSAA Schools' Cross Country Championships 2026

Tuesday 20 January, Temple Park Centre, South Shields, from 12noon

Many thanks for looking after the runners today.

It is really appreciated by everyone.

GILL MOONEY CUP

ON ARRIVAL THE LEAD TEAM MANAGER MUST SIGN-IN AS DISTRICT CONTACT AND COLLECT NUMBERS & TEAM LISTS FROM PAUL PONTON IN THE SPORTS HALL.

LTM_S ARE RESPONSIBLE FOR NUMBER DISTRIBUTION TO THEIR RUNNERS.

PLEASE ARRIVE IN GOOD TIME, AT LEAST 90 MINUTES, BEFORE THE FIRST RACE.

ALL RUNNERS MUST COMPETE IN THE CORRECT NUMBER

Numbers will be provided in 8 sets; 1 set for each race: MB/JB/IB/SB/MG/JG/IG/SG.

Numbers should be peeled-off from the label sheet and placed on the runner in an easily visible position on the FRONT ONLY of the RUNNING TOP. No pins required.

SENIOR GIRLS have a YELLOW LABEL, because they run with Inter Girls.

There will be FOUR BLANK LABELS on each third sheet if you need extra.

A black permanent marker can be borrowed from the Admin Desk. Please don't use biro!

ANY ADDITIONAL RUNNERS? – Please bring the runner to the ADMIN DESK in the Sports Hall, where they will be officially entered. Straight withdrawals are not required.

MEDICAL SUPPORT: - St John Ambulance . contact via Kevin 07443 453169 or radio.

WE DO NOT USE ENVELOPES & FINISHING DISCS FOR SCORING.

Places & Times will be manually recorded, along with a voice-recording as back-up.

Results will be posted on the Sports Hall wall asap, and subsequently on the website.

TOP 16 FINSHERS IN EACH RACE will be given a card requesting them to email info to the Northumberland TMs when they get home in the evening.

FURTHER DETAILS CAN BE SEEN ON THE WEBSITE'S CROSS COUNTRY PAGE.
ARRIVE AT 10.30am: MB-12noon; SB-12:10; MG-12:15; JG-12:35; JB-12:50; IG/SG-13:00; IB-13:15.

Good Luck to Everyone!

Helen Buist / Chris Johnston / Kevin Flannery / Paul Ponton

(Inter-Counties Cross Country Meeting – Sat 07 February – Sedbergh School, Cumbria.

www.northumberlandschoolsathletics.co.uk