



## Altrincham Grammar School for Boys

Marlborough Road, Bowdon, Altrincham,

Cheshire, WA14 2RS

Telephone: 0161 928 0858

agsbadmin@agsb.co.uk

www.agsb.co.uk

Head Master: Mr G A Wright M.A. (Hons) FRSA

November 2023

Dear Parent/Carer

### **Cross Country National finals 2023. Woodbridge School, Ipswich.**

Dear Parent/Carer

May I first start by saying a huge and heartfelt 'well done' to the pupils who have qualified for the National Finals. Not only have they qualified, but they have qualified as North West Champions. Simply Outstanding.

The event takes place in Woodbridge School in Suffolk (Post code - **IP12 4JH**). The timings for the event are on the map.

#### **General logistics and timings;**

##### **Friday 1<sup>st</sup> December 2023.**

Leave school at 11:20.

Travel down before rush hour to arrive 4 pm approximately (bring packed lunch).

Evening meal included – Pasta/Pizza type restaurant. I will also try and find a bowling alley/cinema.

Hotel accommodation for 1 night – Venue below, (2 or 3 pupils per room usually).

##### **Saturday 2<sup>nd</sup> December 2023.**

Breakfast at the hotel. Relaxed morning.

Depart for the event at 10am approx. Register team between 10:30 and 12:00.

Packed lunch/snacks provided for the pupils.

Senior Boys event is scheduled for 14:05 and the presentation is scheduled for 3pm.

AGSB will depart approximately 15:00. I envisage returning to Altrincham for approximately 8pm on Saturday evening.

#### **Hotel Details**

The hotel that the pupils will be staying in is;

Premier Inn, Ipswich town centre. 33 Key Street, Ipswich. IP4 1BZ. I have booked rooms for the pupils and staff.

If any parents are planning to travel and support the lads, please feel free to book accommodation here or elsewhere as you wish.

#### **Travel**

I am planning to use the school mini bus for this trip. Driving the pupils down as a group and returning them to school. However, if there are any parents planning on attending to support the team, please do let me know as this will mean I can drive my car and transport the pupils down in that. (This is much easier for parking and nipping to purchase packed lunches etc.)

#### **Safeguarding**

Please note, I am travelling to the cross-country national finals as the only teacher. I do not envisage any issue, but if you have concerns about this please do let me know as a matter of urgency.

### **Cost**

We are asking for an £80 contribution towards the costs (hotel, parking, food, transport, commemorative national finals sports top etc). The £80 does not cover this, but Mr Wright has kindly agreed to subsidise the event as a good will gesture to support and celebrate the pupil's achievement.

We wish to make it clear that if the visit takes place, no student will be denied participation on the grounds that no contribution has been made on their behalf. However, please be aware, if insufficient contributions are made, we will be unable to proceed with the trip. Full details about Pupil Premium and/or Bursary support for trips can be found on our website [here](#).

### **Kit List**

- A packed lunch and drinks for the journey down on Friday.
- Pupils may bring a small amount of cash for motorway services drinks etc. BUT they will be responsible for their own money throughout the trip.
- Pupils will travel in comfortable attire suitable for the long journey.
- Toiletries, underwear and nightwear (2 days/1 night).
- Full White PE kits Spikes, Studded boots or Fell/Train trainers.
- WARM tracksuit, coat, gloves, hat, waterproofs etc.
- 1 x casual evening wear (Travelling Friday and Friday evening)
- All **personal medication** (including headache tablets, asthma, epipen etc.) If you wish Mr Soulsby to be involved in the administering/looking after of any medication please contact him directly.
- Lots of energy bars, energy drinks, water bottles, snacks for during the competition.
- I suggest not bringing expensive electrical equipment, but if they insist, they are completely their own responsibility.
- Cheap mobile phone to keep parents informed of details and return time.
- Please note – we will eat in the services on Saturday evening. This is not included; please could pupils bring money for this meal.

### **Application process**

Please discuss this with your child and if you wish them to take part in this trip, please can you complete a [Residential Trip Application Form](#). Once numbers are confirmed, we will email to request you make full payment via your ParentPay account.

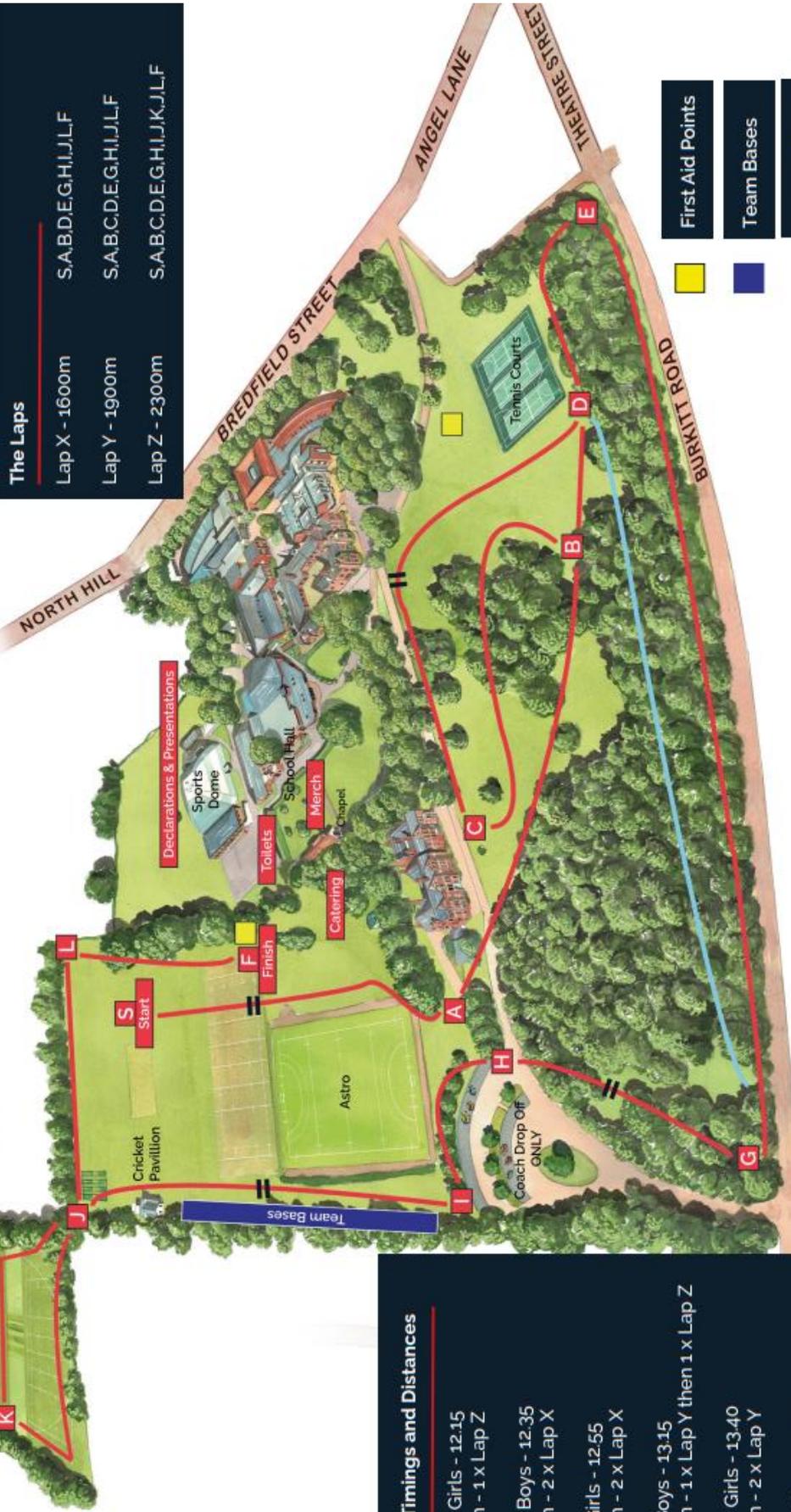
If you would like any further information, please do not hesitate to contact me at school.

Yours faithfully

*Mr Soulsby*

PE Dept and Assistant Head – Development.

# Race Timings and Distances



**The Laps**

Lap X - 1600m S,A,B,D,E,G,H,I,J,L,F

Lap Y - 1900m S,A,B,C,D,E,G,H,I,J,L,F

Lap Z - 2300m S,A,B,C,D,E,G,H,I,J,K,L,F

**Race Timings and Distances**

Junior Girls - 12.15  
2300m - 1 x Lap Z

Junior Boys - 12.35  
3200m - 2 x Lap X

Inter Girls - 12.55  
3200m - 2 x Lap X

Inter Boys - 13.15  
4200m - 1 x Lap Y then 1 x Lap Z

Senior Girls - 13.40  
3800m - 2 x Lap Y

Senior Boys - 14.05  
5700m - 3 x Lap Y

Presentations in Sports Dome  
14.45