

# ACTIVE SCHOOLS SOUTH RUN4FUN

## CROSS COUNTRY SERIES

### 2023 / 2024

#### Information Sheet

Listed below is a breakdown of how the Series will be conducted.

We are once again running a Cross Country Series this year to cater for all interested pupils in South Aberdeenshire that would like to enjoy a positive Cross Country experience. There will be 5 events across Aboyne, Banchory, Mackie, Mearns and Portlethen and pupils can decide to enter as many or as few events as they like.

#### Participation Awards

- To encourage participation at multiple events, all participants who complete 2 or more events will receive a Run4Fun participation medal at the end of the series in June. This will be handed out at school before the end of the school year.

#### P1 – P3 Races

- This race will allow the younger sections of the school to participate in a small 'race' where all participants will be awarded with a sticker for completing the race.
- There will also be medals for 1st, 2nd and 3rd in their age group. Depending on the numbers at the event participants may run in a larger group i.e (P1-P3) however they will only be racing within their own "group"
- Race distance is approximately 500m-800m depending on the location.

#### P4 – P7 Races

- Pupils will be competing in their own age group (e.g. P4 boys) although on the start line they may start in groups (e.g. P4/P5 girls).

- The age groups are:

P4 boys	P4 girls	Race distance approximately 1000m
P5 boys	P5 girls	Race distance approximately 1000m
P6 boys	P6 girls	Race distance approximately 1500m
P7 boys	P7 girls	Race distance approximately 1500m

#### Race Medals (P1 – P7)

- The pupils who come 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each age group will receive a medal at the end of their race. For example: the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> P6 boys who come over the line will receive medals.

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##### Event Details

- Details of each event will be emailed out to you 3 weeks before the event date, this will include venue location, specifics of parking, race order and any other relevant details.

##### Useful information

- Please be aware, there will be car parking restrictions at each of the events.
- There will be no toilet facilities available at any of these events unless otherwise stated.
- Parents / carers are responsible for the supervision and care of their children out with the duration of their chosen race. Active Schools staff, volunteers and marshals will do their utmost to ensure the safety and wellbeing of all children while participating in the cross country races.
- Spectators must remain out with the running area at all times, particularly at the start and finish line
- For queries during the event please speak to the event marshal who will do their utmost to support
- First Aid will be available at each event and will be administered by a qualified first aider where required (unless otherwise stated on registration form).
- The Active Schools team reserves the right to cancel an event should the course be deemed unsafe (due to adverse weather etc). In this instance all participants will be notified by 5pm, 24hrs before the event begins. The Active Schools team will attempt, where appropriate, to rearrange the event. However, should an event be cancelled adjustments to the Series will be made accordingly. You will be notified by email and there will be a post on our Facebook page.
- There will be a limited amount of spaces available for each age group in each race. A waiting list will be established if required and the Active Schools team reserve the right to allocate places accordingly.
- Updates will be posted on our Facebook page before and after each event, so please look out for photos, videos and other useful information being posted.  
([www.facebook.com/ActiveSchoolsAberdeenshireSouth](http://www.facebook.com/ActiveSchoolsAberdeenshireSouth))

## SPECTATOR CODE OF CONDUCT

### Parents, guardians, carers and spectators should:

- Always demonstrate respectful behaviour.
- Take an active interest in your child's participation.
- Set a good example and encourage all children to learn the rules of the sport and always compete within them.
- Remain within any designated spectator's area, or out with the running track, throughout the duration of the event.
- Ensure that all runners have a positive attitude and show respect to other runners, officials, marshals, staff and spectators.
- Help all children to recognise good performance and not just results.
- Never place undue pressure on any child to perform, participate or compete.
- Never punish or belittle any child for losing or making mistakes.
- Never engage in, or tolerate, offensive, insulting, or abusive language or behavior.
- Never shout and scream or criticise a runner for making a mistake, as mistakes are part of the development of a young athlete.
- Approach the event marshal with any queries, questions or to raise any concerns or issues during or after the event.