

Preview of the 58th Welsh Schools National Cross-Country Championships, 2020

For the top schools' cross-country runners in Wales, all roads lead to Brecon on Wednesday, March 11th, when the Penlan playing fields are again the venue for the Welsh Schools' National cross-country championships. This will be the fifty-eighth time for the event to be staged, and the nineteenth consecutive year that the fixture has been held at Brecon.

Welsh Schools will again use its' traditional midweek date this year. Following the event teams will be selected to represent WSAA at the SIAB Cross Country to be held in Falkirk on Saturday, March 21st. The selection policy for this event is attached alongside this preview.

Welsh Schools would like to flag up that our association would very much welcome offers from teachers or other experienced adults to assist with management of our teams, both at endurance and track and field competitions. Offers can be tabled via our Support Officer, Steve Jones.

Car Parking on Wednesday

Athletes, supporters and spectators, who are travelling to the event by car, are advised that the front Car Park at the old Brecon High School is available, you are also advised that the limited parking at the track is for officials only. These restrictions mean that parking space will be at a premium and you are asked to arrive early and park responsibly. The post code is LD3 9SR. PLEASE DO NOT PARK IN THE GROUNDS OF THE NEW BRECON HIGH SCHOOL.

We would like to record our grateful thanks to the Head and Governing Body of Brecon High School for allowing us to use the school's facilities.

Event Preview

The event will use the new course successfully used at the Inter Schools event in November, this proved to be popular with athletes, parents and coaches and is slightly more of a traditional cross-country examination than the course used in previous years.

Some exciting competitions are anticipated in the eight-race programme, particularly in the junior and middle sections, in which selection for the teams to compete at the SIAB schools, at Callendar Park, Falkirk on March 21st, are at stake. This year the SIAB event will also include a 4x1500m mixed relay for teams of 2 boys and 2 girls in both the junior and middle age groups, this will give opportunity for additional athletes to experience International competition.

The Junior Girls will get the event started at 1pm, with the 8 race program concluding when the Middle boys battle it out at 3:20pm.

Team Competitions

Cardiff & the Vale continued their recent domination of the Overall Team competition last year, claiming no fewer than five sections and comfortably retaining the Overall Points Cup. Dyfed had to settle for just one team win alongside Eryri and South East Wales. It was Dyfed who finished second in the overall classification with South East Wales improving to third.

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Event Administration

All event administration will be done inside the pavilion, which is where team managers will report to collect numbers and any programmes ordered as well as making any last-minute team changes. This year results HQ will be based in the small marquee alongside the finish area.

Walking The Course

As part of the event risk assessment, every competing athlete is advised to walk the course BEFORE they compete – to ensure that they know where they are going and to check for any potential hazards. If a competitor identifies a potential hazard, they must report it to the event organisers.

Headphones, iPhones & Other Similar Audio Devices

Welsh Schools' Executive has ruled that the wearing of headphones, iPods or other similar devices in a race constitutes a health & safety hazard. Pupils are not to wear them while competing.

Athlete Welfare – And On The Day Weather Conditions

The forecast for Wednesday is reasonable although heavy rain is expected beforehand. The course is likely to be heavy with difficult underfoot conditions.

Whatever the weather, it is important that athletes and spectators come equipped with appropriate footwear and waterproof and windproof outer clothing.

First Aid

First aid cover is being provided by an experienced group from the Pegasus Ambulance Services, who are likely to be based on the track (close to the finish).

Presentations

Awards will be presented to the first three individuals in each race and to the scoring members (six to score) of the first three complete teams in each section.

Presentations will be made through the afternoon and will take place at the front of the pavilion.

Results

Provisional results will appear on the Welsh Athletics website as soon as possible, with a report following as soon as possible. WSAA wishes all taking part the best of luck and hope that all enjoy a great day of competitive cross-country racing.

Live (provisional) results will also be available on <http://results.welshathletics.org/> these can be accessed by scanning the code on race numbers.