To Heads of PE at Secondary Schools & Colleges

Please reply to:
Darran Williams
Welsh Athletics
Cardiff International Sports Campus
E-mail: darran.williams@welshathletics.org
1st September 2026

Dear Colleague

49th Welsh Inter Schools Cross Country Championships 2026 (inc Welsh Colleges Cross Country Championships)

I am writing to invite your school/college to enter teams and/or individuals at this year's championships, which will be held as a stand-alone event at the Penlan Arena in Brecon on **Wednesday 21st October 2026.**

The event has been separated from the Welsh Inter-Regional Championships in an attempt to attract non-club level athletes into a competitive environment. As a result, course distances have been reduced for the 2026 edition.

Please find details for the event overleaf. You will also have received a course map with this invitation.

We look forward to welcoming you all to Brecon on Wednesday 21st October.

Yours Sincerely,

Darran Williams
Competitions Officer
Welsh Athletics
Cardiff International Sports Campus
Leckwith Road
Cardiff
CF11 8AZ

EVENT DATE Wednesday 21st October

- **VENUE** Penlan Arena, Cerrigcochion Road, Brecon LD3 9SR
- **CLOSING DATE** **Teams must all be declared by Wednesday 14th @ 12:00**
- **AGE GROUPS** U14, U16, U18 & U20
  - U14 who are 12 or 13, **year 7 & 8**
  - U16 who are 14 or 15, **year 9 & 10**
  - U18/U20 who are 16, 17, 18 or 19, **years 11 to 14**
- **PROVISIONAL TIMES**
  - Registration of All athletes and number collection must be 60 minutes prior to the age group race starts, registration will be open from 11:00, all numbers will be in one pack.
  - Course will be open to walk from 11:00 to 12:50 when the course is cleared for the first race at 13:00
  - U14 Girls, years 7 & 8 at 13:00
  - U14 Boys, years 7 & 8 at 13:20
  - U16 Girls, years 9 & 10 at 13:40
  - U16 Boys, years 9 & 10 at 14:05
  - U18W/U20W, Years 11 to 14 at 14:30
  - U18M/U20M, Years 11 to 14 at 15:00
- **DECLARATIONS: ALL SCHOOLS** that wish to take part must submit the excel declaration sheet on or before the closing date above, there is information to help on how to complete the spreadsheet. NEW Athletes registered on the day to replace pre declared athletes must wear the number of the athlete they replace. It is very important the correct number is issued to the correct athletes. **No brand-new athletes added on the day unless replacing pre declared athletes**.
- The form needs to have the following;
  - **SCHOOL NAME** (select from a drop list).
  - **TEAM MANAGER/TEACHER** submitting email, for reply to correspondence.
  - **ATHLETES' DETAILS,** WA URN (registration number if known, please ask athletes who run in clubs).
  - First Name, Surname, Date of Birth, Age Group (select from drop list).
  - If incomplete it will be returned for updating.
  - There are spaces on the form for 100 athletes.
- **NUMBERS:** These will be issued as an envelope pack per school at registration. Please ensure that the barcode on the number is clearly visible at the end of the race for scanning/recording. You will also have a declaration list of the names supplied and the number they have been allocated.
- **NUMBER OF ATHLETES PERMITTED TO COMPETE:** Schools/Colleges may enter any number of athletes in a race. Schools/Colleges **MUST have already** provided a team declaration as confirmation of entry. Changes to team declarations can be made on the day of the event by submitting the form collected from registration, submitted only by the official team manager. The information required will be each athlete's first name, surname, date of birth & school. Athletes' details can be changed to replace those not attending.
- **NUMBER OF ATHLETES TO SCORE:** In any schools/colleges age group race the first four athletes crossing the line will become the first team or team 'A', the next four athletes make up team 'B' and so on
- **AWARDS:** The award of Welsh Schools Medals will be made to the first three individuals in each race and the first three teams in each race.
- **ENTRY FEES:** An entry fee of £5 per 1 to 4 competitors will be charged. The maximum entry fee is £25 for 5 plus entries. Schools can make the payment via Stripe using the payment links in row 2 of the declaration sheet.
- **VESTS:** Schools/Colleges are expected to provide their athletes either with distinctive vests or with a plain coloured vest or T-shirt. Athletes are not permitted to wear replica soccer or rugby jerseys or T-shirts with advertising slogans or signs on the front and/or back. Athletes ignoring this requirement may be disqualified.
- **COACH/CAR PARKING:** Parking for cars and coaches will be provided nearby. Full details of the parking provision will be available closer to the time and included in the pre-event instructions.
- **ON ARRIVAL: ALL SCHOOL TEAM MANAGERS** are required to report to registration alongside the Welsh Athletics retail marquee from 11:00 onward.
  - Each school will have 1 pack of numbers to collect.
  - 1 number to be issued per athlete and worn on the front.
  - The barcode must be visible at the finish line for manual recording and scanning.
  - In the pack will be a full declaration list printed from Tuesday 12:00 midday
  - Any athlete changes can be made up to Tuesday 20th 11:00 via email to darran.williams@welshathletics.org

    - Last minute replacement changes can be made using the 'Athlete update sheet' in the pack.
- Athletes not attending do not need to be notified to results or registration.
- New athletes must be made known to the results team, by completing your change sheet issued to your school. The new athlete must use the number issued to the athlete they are replacing, there will not be any new numbers issued or entries made on the day of the event.
- **TOILETS:** Toilets are available near the start area with a further provision available at the Leisure Centre.
- **AT THE START: ALL TEAM MANAGERS** should ensure that all of their athletes in each group race are at the start no less than 10 minutes prior to the race start. The race starter will call all athletes together before the scheduled start time to describe the course and issue any final instructions, ATHLETES can then remove all tracksuits/coats/covers so the start team can do their final visual checks of all athletes to ensure numbers are attached correctly and athletes are in their kit, athletes will then be brought towards the start line for the race to start**.** The race will be started with a gun.
- **AT THE FINISH: ALL ATHLETES** must ensure that the barcode on their number/bib is visible so that when walking down the finishing funnel their number/barcode will be scanned for automatic recording. They all must remain in the order they cross the finish line and not jump the order. After being scanned all athletes must clear the finish funnel area otherwise it will cause stoppages in the funnel area. Athletes that cross the line with no number will not be recorded at the finish line.
- **ELECTRONIC DEVICES:** Electronic devices are not permitted to be carried or used while the race is in progress, they must remain in their bags or with a responsible person/teacher looking after these until after the race and they are clear of the finish area and course.
- **PHOTOGRAPHS:** There will be an event photographer at this event at the finish line and possibly around the course**.** Having advised schools of this coverage, it is understood that any school or college entering the event gives consent for photos/video of their competing pupil to be taken – and be used in any event publicity.
- **QUESTIONS/QUERIES:**For **ANY QUERIES** about this event please contact competitions@welshathletics.org, darran.williams@welshathletics.org or marcus.meyrick@welshathletics.org

Many thanks and good luck
Welsh Athletics Competition Team