

Cross Country Challenge

- Measure out the appropriate distance using phone app or trundle wheel. Y7/8 = 2k, Y9/10/11 = 3k, Y12/13 girls 4k, Y12/13 boys 5k.
- If necessary the distance can be achieved by completing laps around the field or the playground. Check that the terrain is suitable and safe and you can keep pupils in sight.
- Be aware of pupils with medical problems e.g. asthma or hay fever
- Encourage pupils to run.
- Encourage pupils to maintain a comfortable and relaxed running style and control their breathing and pace.
- Pupils can do the run as many times as you wish during October and should be encouraged to beat their own personal best.
- Where possible engage pupils in leadership roles such as counting laps, timing, recording, coaching and encouraging.
- Awards will be given to the schools with the fastest 3 Boys and the fastest 3 Girls from each year group.
- An additional award your school can win is the participation award.
 1. Gold Award - 100% of the school classes participate.
 2. Silver Award - 75% of the school classes participate.
 3. Bronze Award - 50% of the school classes participate.
- Please collect the best time for every participant who has completed the challenge.
- Once collected please work out the top 3 boys and 3 girls for each year group.
- Please email Rupert Gibson your results sheet to agilitassports@gmail.com
- The closing date for the challenge is the 22nd October 2020.

Secondary School Cross Country Challenge. Results.

Name of school				
Number of classes in your school				
Number of classes that took part				
Participants	Boys Name*	Time (minutes and seconds)	Girls Name*	Time (minutes and seconds)
Year 7 2km	1		1	
	2		2	
	3		3	
	Combined time:		Combined time:	
Year 8 2km	1		1	
	2		2	
	3		3	
	Combined time:		Combined time:	
Year 9 3km	1		1	
	2		2	
	3		3	
	Combined time:		Combined time:	
Year 10 3km	1		1	
	2		2	
	3		3	
	Combined time:		Combined time:	
Year 11 3km	1		1	
	2		2	
	3		3	
	Combined time:		Combined time:	
Year 12 & 13 4km for girls 5km for boys	1		1	
	2		2	
	3		3	
	Combined time:		Combined time:	

*Full names only required if you'd like us to recognise the fastest across the SSP and County



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SPORT
TRUST