



AG34AT

October 2026

Dear Parent/Carers

**English Schools Cross Country Cup – North West Final
Wednesday 4 November 2026**

Your child/ward has been selected to represent the school in the North West Final of the English Schools Cross-Country Cup, which will take place on Wednesday 4 November at Sedbergh School.

Students will travel to the competition by coach, sharing with Upton Hall School and Birkenhead High School Academy. They will leave West Kirby Grammar School at 8.40am by minibus to travel to Upton Hall School, where they will join the coach. We expect to return to Upton Hall School at approximately 5.30pm, where parents will need to collect their child/ward.

Your child/ward will be given a school athletics vest to run in. They will also be required to wear correct school PE kit: navy blue shorts (or running shorts), navy blue tracksuit bottoms and school tracksuit top or hooded sweatshirt, as well as a waterproof coat. The course will be suitable for running spikes. They will also require a packed lunch and plenty to drink. (If your child/ward is entitled to free school meals a 'grab-bag' can be ordered the day before the trip from the canteen for collection from 8am on the day of the trip. 'Grab-bags' may also be ordered to purchase). I would recommend that the students bring a pair of wellies, walking boots or old trainers to walk the course as well as a change of clothing for the journey home.

If the teams are successful at this round of the competition, they will progress to the National Finals which will take place on Saturday 5 December at Ratcliffe College, Leicestershire.

Please complete the reply slip below indicating that you give permission for your child/ward to take part in this competition. If you have any questions, please do not hesitate to contact me at school.

Yours sincerely

Mrs A Goodall
Head of Physical Education



Pease return this reply slip to Mrs Goodall (PE Department)

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I give permission for my child/ward: Form:
to take part in the above event at Sedbergh School.

I will arrange to collect my child/ward from Upton Hall School at 5.30pm. I confirm that the medical information and contact details provided are correct (these can be checked/ updated via your Arbor app).

Parent/Carer Signature: **Date:**

The school has a blanket School Journey Insurance policy in place to provide appropriate cancellation, curtailment, medical and personal possessions cover. This policy also carries very limited personal accident insurance cover for pupils. As the School will not be liable for any injury arising from incidents beyond our direct control, parents/carers may wish to consider purchasing their own personal accident cover to enhance the limited protection of this policy.

