



Heywood Prep ISA CROSS COUNTRY TEAMS

@ Haldon Forest Exeter, Wed 22nd January 2020

YR 4 Girls' TEAM (may include Yr 3) Olivia S Emily P Eve J Isabel Z Faye J (Non Travelling Reserve)	YR 4 Boys' TEAM (may include Yr 3) Michael K Caleb L Samuel Q James W Archie E (Non Travelling Reserve)
YR 5 & 6 Girls' TEAM Michelle K Elena F-O Matilda G Sophia H Anna T (Non Travelling Reserve)	YR 5 & 6 Boys' TEAM Thomas S (capt) Elliott E Alfie G Tom D (Yr 6) William J (Non Travelling Reserve)

Teams of 4 (Top 3 to count for the team event), the top 10 runners in each race will then represent the SW ISA Cross Country Team on Friday 20th March 2020 @Worksop College.

Children are to wear Full tracksuit, baselayer, white PE top, blue shorts/skort, white socks, trainers.

Weather is due to be quite cold. Please make sure that you have plenty of warm clothes to put on before, and after. There is a little café where you can purchase a warm drink for afterwards.

Meet at 7.25am, Leave at 7.30 Return 4pm