

DSF/xcountry18/RCB/NB

9 April 2018

**Entries are invited for the 4th Fife Cross Country Championships for athletes with a physical/sensory impairment or learning disability organised by Disability Sport Fife in conjunction with Fife AC.**

**VENUE & DATE**

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| **VENUE** | **DATE** | **Time** | **CLOSING DATE for entries** |
| Beveridge Park Kirkcaldy | Thursday 17 May 2018 | 13 00 – 14.30 hrs | Monday 7 May 2018 |

**SECTIONS**

|  |  |
| --- | --- |
| Athletes with a physical impairment | **Physical** |
| Athletes with a visual impairment / hearing impairment | **Sensory** |
| Athletes with a learning disability | **Learning** |

**PROGRAMME**

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| **SCHOOL YEAR / MEMBER ORGANISATION** | **DISTANCE** | **Times**  |
| GOGA Walk in the Park |  | 13.00 hrs approx |
| Primary / S1 / S2 / S3 | 500m | 13.15 hrs approx |
| Primary | 1K | 13.30 hrs approx |
| S1-S6 plus adults | 1K | 13.45 hrs approx |
| S1-S6 plus adults | 2k | 14.00 hrs approx |
| S1-S6 plus adults | 3k | 14.00 hrs approx |
| Presentations | All events | 14.20 hrs approx |

**Notes for competitors and coaches:**

* Boys/girls may run in the same race but will be competing for separate medals.
* There will be separate medals for school year groups in each race.
* Athletes may collect their numbers and walk the course from 12.15 hrs onwards (following the completion of the Primary Schools events)
* Medals will be presented to the 1st, 2nd & 3rd boy/girl in each school year race.
* There will be races for Primary, S1, S2, S3, S4/5/6 pupils plus adults.
* There will be no restriction on the number of athletes who may be entered from one member organisation.
* There will be a team competition for schools (ASN). The first three athletes in each year group race will score points towards the team total.
* Athletes may only be entered for events they have prepared for and are capable of completing.
* It is permissible for a significant other to run with novice athletes or athletes with complex needs.
* The cross Country Championships will start with a Walk / Push in the park for participants who are unable to run the minimum distance of 500m. Certificates will be awarded to individuals.

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**Course:** The course is suitable for cross country shoes or short spikes and will be run entirely on grass.

**Entry Fee:** The entry fee will be £2.00 per competitor and cheques should be made payable to Disability Sport Fife.

**Significant others**:

Participating organisations should attend with a named qualified first aid person who will be the First Responder in the event of an emergency.

**Presentations** 14.20 hrs at Kirkcaldy Rugby Club

**of medals:**

For further details contact Norma Norma Buchanan, (Email norma.buchanan@fife.gov.uk) Administrator, Disability Sport Fife, Michael Woods Centre, Viewfield, Glenrothes, Fife KY6 2RD (Tel. 03451 55 55 55 + Ext 44 49 89). Entry forms may be downloaded from the DSF website

DSF on Facebook   [www.facebook.com/disabilitysportfife](https://fcmail.fife/owa/redir.aspx?C=pb92rZ2NSbvqYmrFEMJZBYA4VD_bPNFwRux_NVD7WhWi_rpVA57VCA..&URL=http%3a%2f%2fwww.facebook.com%2fdisabilitysportfife)

Link to DSF website [www.fifeleisure.org.uk/sports/disabilitysportfife](https://fcmail.fife/owa/redir.aspx?C=aCZF47nLSN_Jf73xF0E-DDMLJAjYJnKawq8vg9AqgKGi_rpVA57VCA..&URL=http%3a%2f%2fwww.fifeleisure.org.uk%2fsports%2fdisabilitysportfife)

Disability Sport Fife acknowledges the support received from Steve Doig and colleagues from Fife Athletic Club with the organisation of this event.

Richard Brickley, MBE

President, Disability Sport Fife

**PHOTOGRAPHY**

Celebrating success and encouraging others to participate are key priorities for Disability Sport Fife (DSF). Quality Photography and video footage are critical to meeting key DSF objectives. Photography and/or video footage may be taken at DSF events, Festivals, meetings etc. DSF will retain full rights to these images for use on printed and online publicity, social media, press releases, newsletters etc. Should any individual from your school, club, voluntary organisation or Community Support Service not wish to be included in group or individual photographs please inform the DSF Lead Person on the day of the event

Richard Brickley, MBE

President, Disability Sport Fife

**2018 Fife Cross Country Championships (ASN)**

***for athletes with a physical/sensory impairment or learning disability***

**Organised by Disability Sport Fife in conjunction with Fife AC**

**Beveridge Park, Kirkcaldy**

**13.00 HOURS START - Thursday 17 May 2018**

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| **Name of Contact Person:** |  |
| **School / Organisation:** |  |
| **Address:** |  |
|  |  |
|  |  |
| **Postcode:** |  | **Tel:** |  |
| **Email:** |  |
| **Name of Officiating Adult** |  |
| **Name of First Aid person** |  |

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| --- | --- | --- | --- | --- |
| ***ATHLETES FULL NAME*** | ***DISTANCE*** | ***SECTION*** | ***M/F*** | ***SCHOOL YEAR / ADULT*** |
| *An example* | *3k* | *Physical* | *M* | *S6* |
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**Entry forms to be returned to** Norma Buchanan, ( Email norma.buchanan@fife.gov.uk ) Administrator, Disability Sport Fife, Michael Woods Centre, Viewfield, Glenrothes, Fife KY6 2RD

(Tel. 03451 55 55 55 + Ext 44 49 89)

**CLOSING DATE FOR ENTRIES: Monday 7 May 2018**

**(Please use additional sheet if required)**