

Hi All – Congratulations once again to your athlete on being selected to represent Somerset at the Regional Sportshall Athletics Final/Championships. Please read the following information carefully and contact us if you have any questions.

We believe, as we do every year, that we have teams that will do the County proud in the Regional Finals. Although we won the girls and boys events in 2017 & 2019 respectively, and have come 2nd to Avon on many occasions, sometimes by the narrowest of margins, we have to bear in mind that they have a different and more centralised selection structure than we do, not to mention a greater population from which to choose their athletes. **However, this doesn't stop us believing that we are capable of winning!**

In the past we have had people drop out at the very last minute for a variety of reasons, so we won't actually be able to confirm full details of events and teams until we have a head count on Sunday 26th January at the Regional Final in Keynsham.

If your athlete is unable to attend for any reason, especially at the last minute, please contact me (or Simon) as soon as possible so that we can plan accordingly - thank you. As with the training events, if your athlete is unwell or injured on the day it is not advisable for them to come along as experience shows that they are unlikely to perform at their best under such circumstances.

We have been asked to bring some officials to support the delivery of the event. This is not an onerous task, simply counting measuring and recording in the field events – the plus side, you get a close up view of seeing your daughter or son compete. If you are willing to help please let us know asap.

Key details are as follows - if these should change we will email you all again so please check for emails from us during the week:

Date: Sunday 26th January 2020.

Venue: Wellsway Sports Centre, Wellsway School, Chandag Road, Keynsham, Bristol BS31 1PH. Tel: 0117 9161034.
Go to:

<https://www.sportwellsway.com/contact>

We have been informed that there will be plenty of car parking spaces available via both entrances.

The sports hall is relatively small for such a big event and seating is limited so grab a place asap on arrival. We are usually to be found immediately in front of you/to the left as you enter the sportshall. If you aren't staying please ensure that we have a contact telephone number in case of emergency.

Time: Please arrive by 11.30 - 11.45am – the event will start at 12.30pm and should finish by 3.30pm. We will need to register each athlete and collect payment (see below), have a team briefing and prepare.

Payment: This year once again we have been very fortunate in securing sponsorship for the T-shirts. However, there is a £175.00 competition entry fee. We must therefore ask each athlete to pay **£3.00** in order to partly cover the £175.00 entry fee. We will fund the shortfall. If paying by cash, **correct amount please**. We can accept cheques payable to "The Academy of Combined Events". If you would like to pay electronically please contact us for our bank details.

Transport: If anyone is really struggling with transport to the event, please let us know as soon as possible and we will do our best to put you in touch with someone in your area but you will have to make the arrangements between you.

Welfare: please see the Event Welfare Plan ([Click here>>](#)) and pay particular attention to the section on photography and also see below. **Please note that any athletes who must not have their photo taken will be issued with a yellow wristband by request at the start of the event – available from the organisers. If you want to take photos you must complete the photography registration form that will be available for completion at registration.**

Photography: we like to take photographs to use for our own promotion purposes and there may be a professional photographer present from whom photos can be purchased. In the past Simon, has also taken photos and we make these available FOC for you to download - these are not posted on social media. **Unless you advise us to the contrary we will assume that your athlete can be photographed.** We must stress that we cannot stop other people taking photos so even if you have requested that photos aren't taken we have no control over what other people do with these even though the **Welfare Plan clearly sets out what is expected.** We usually submit a report to the local papers including a team photo (taken at the end of the competition so please allow your athlete to stay for this), and this also appears on line including on our own website and the County Athletics Association website. No individual athletes are identified in relation to the photo.

Kit: as they have worn for the training events, ie **clean** sports shoes - trainers, black shorts (if possible) or black lycra leggings, and your **Somerset T shirt** (issued on Sunday) – these have been sponsored by Yeovil Olympiads AC, Taunton AC, Mendip AC, Wells City Harriers, Somerset Athletic Association, Somerset Schools Athletic Association, Wells Cathedral School & Action in Change, and we are of course very grateful for their continued and generous support.

Food etc: Your athlete will need plenty to drink (bottles with a sports top and no fizzy drinks please) and a sports related snack – low salt and few additives etc. Please do not eat too much immediately before or during the competition.

Medical: Please ensure that any inhalers etc are brought if required, and let the team managers know on the day if there is anything else we need to be aware of.

Please contact us if you need any further information.

For a copy of the programme [click here>>](#). There are no times allocated and the organisers run through the whole programme as quickly as conditions allow. There is no lunch break as such. A printed souvenir programme of the day will be available from the organisers at a cost of £2.00

The organisers provide blank Certificates for all the athletes. If a couple of you who have nice writing would be prepared to complete the Certificates for us we'd be very grateful. Please let us know on the day if you can help with this.

We will provide details of further athletics opportunities and information on the Somerset athletics clubs following the final.

This year for the 3rd time Somerset County Schools Athletic Association has asked us to invite some year 6 athletes to attend the 4 training events that they host each year in preparation for a variety of competitions up to national level. We will send out invitations to those athletes who we think would benefit at this stage of their athletics career after the final.