



Dear Parents & Carers,

3rd February 2026

CROSS COUNTRY - SLH FARTHING DOWNS RACE 2026

On Saturday 7th March, South London Harriers will be holding their annual cross-country races on Farthing Downs. We would like as many children to take part as possible as it is an excellent experience. The races are split into Year 3/4 girls, Year 3/4 boys, Year 5/6 girls and Year 5/6 boys. They are suitable for all ages and abilities and take place on grassland. The distance is just over a mile.

We will need to meet at 9.30am in order for the children to warm up and be ready for the first race to start promptly at 10am. The start is on Farthing Downs adjacent to Downs Road. Please note that parking **is not allowed on the road which crosses the Downs (Ditches Lane)**, so please do not park here or on Downs Road itself as this will cause problems for the organisers and local residents. All children should be accompanied by a parent or other nominated adult.

Your child will need to wear their school PE shorts and t shirt. Trainers are fine to wear, but spikes are ideal, especially in muddy conditions. Please ensure that your child has plenty of warm layers with them and a filled water bottle, together with any necessary medication – asthma pumps etc.

After the race, plaques and medals will be presented to the winning teams and the first three individuals in each age group at the SLH Club House, 194a Brighton Road, Coulsdon, CR5 2NF (opposite Los Arcos in Coulsdon Town Centre). Refreshments will also be available, and everyone is welcome.

If your child would like to take part, please complete the Google form no later than Friday 27th February. The name of each child taking part needs to be submitted by this date so that they are allocated a race number.

We look forward to seeing you there.

Yours faithfully,

Mr S Johnson

PE Co-ordinator

