



Thanet District Primary Schools' Cross Country



Quex Park

Saturday 1st March 2025



Vehicle entry: **Manston Road Gate 3**

Postcode: **CT7 0HR**

What3Words: **mural.retrain.transcribes**



Welcome to Our Cross Country

 **7°** / 12° **AccuWeather** Birchington, Kent **Saturday 1 March**  **0%**

Intervals of clouds and sunshine

RealFeel™	6°	Max UV Index	2 Low
RealFeel Shade™	5°	Wind	NNE 13 km/h

*Steve King
Race Director,
East Kent Coaching*



"Welcome to our Thanet Primary Schools' Cross Country and sincere thanks to the management team at Quex Park for once again allowing us to hold the races on their site.

Every top-class, famous runner started somewhere and for many, it was here! Whatever your finishing position today, I hope you enjoy yourself and that you'll be out running again soon."

*Anthony Curwen
Estate Manager,
Quex Park*



"We are delighted to be hosting the twice-annual Thanet Primary Schools Cross Country event again, which has now become a regular on the Quex Park calendar.

We find it so valuable to support this particular event and encourage all the children from local schools across Thanet to take up this opportunity.

The hard work and dedication by the organising team is absolute testament to the results and success on the day."

Arrival & Parking

There is **NO VEHICLE ACCESS** to the Cross Country through the main entrance to Quex Park.

There will be clear signs out on the roads to guide you to the correct entrance to the event field.



Vehicle access is through **Gate 3** on the Manston Road **ONLY**.
(Postcode **CT7 0HR** What 3 Words [mural.retrain.transcribes](https://www.what3words.com/#!/en/CT7-0HR-mural.retrain.transcribes))



All drivers should follow the instructions of the traffic marshals on arrival, parking only in the designated areas, not elsewhere in the park.

Disabled parking is on the field close to the action. The parking team will have a dedicated area for this, and 'blue badges' will not be required.

Pedestrian Access

Pedestrians may enter via the main Quex Park entrance. However, all cross country visitors are respectfully asked to keep well away from the Powell-Cotton Museum during the event. The designated pedestrian access route will be signposted at the museum entrance.



Dogs are not permitted, except for guide / assistance dogs.
Please note that Quex Park is a non-smoking site.



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[eastkentcoaching](https://www.instagram.com/eastkentcoaching)



[EKCoaching](https://twitter.com/EKCoaching)



steve@eastkentcoaching.com

Before the Race

Each school should have at least one representative at the venue. They will be the point of contact for their pupils, and are responsible for getting the children ready before the start of each race.

This involves ensuring that runners are checked against school lists and that runners arrive at the start area on time for their race.

We aim to start each race promptly, as per the published timetable, so please be in position and ready to run!

School staff will distribute 'Not to be Photographed' wristbands where necessary. (Michael Povey of Thanet Passport will have a supply of these if any school needs more.) Staff should also inform Margate Ambulance Corps personnel if any child has a severe medical condition.

Spiked footwear is not permitted.

There will be marshals at the start, looking out for anyone who looks confused or nervous and to make sure everyone lines up fairly.

Following discussion with numerous teachers and parents, we no longer start our races with a gun. The starter will use flags and a verbal signal.



Parents and teachers may go to the start but must remain off the course, behind the tapes, at all times.

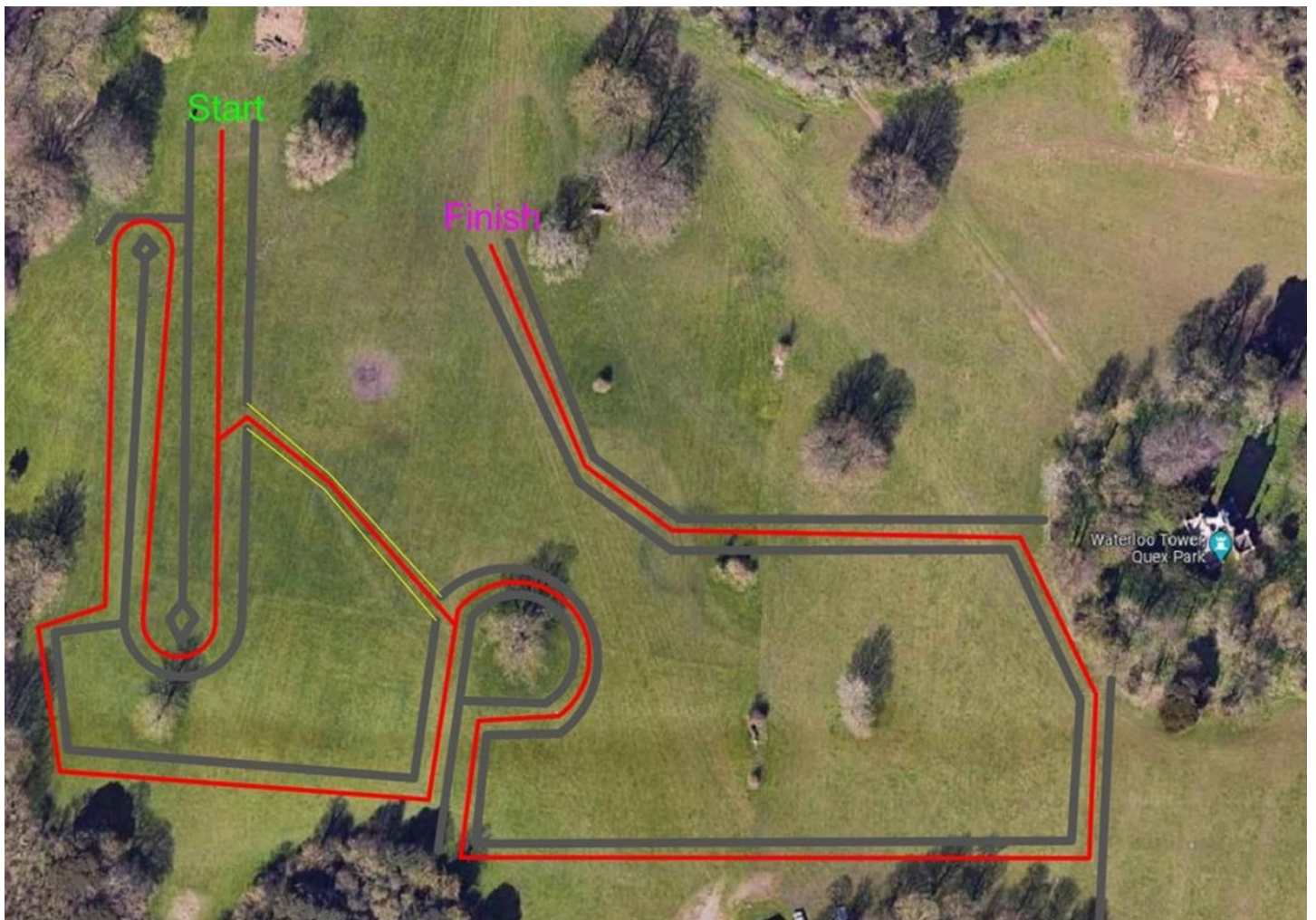
During the Race

The entire course is marked with red-and-white tape. Spectators may watch the action from any point around the course, but must remain off the course itself, away from the runners.

We will have 'hares' for each race to guide the competitors around the course. (These are older teenage runners, some of whom who took part in these same races themselves several years ago.) They will be wearing Hi-Viz jackets and are easy to recognise.

There will also be marshals around the course and 'tail runners' too, making sure everyone finishes the race safely.

If anyone is unable to complete the course, a parent or school staff member can still collect a medal for them in the finish area once all the runners have crossed the line.



After the Race

At the finish line, our experienced team of marshals will make sure runners are sorted into the correct finishing order.

Each runner across the line will receive a card with a number corresponding to their finishing position. Keep this. The card includes a QR code from which you can look up their finishing time later in the day. (If they lose the card, you can use the QR code below.)

Every runner will also receive a medal for taking part. There are also gold-, silver- and bronze-coloured medals awarded to the first three finishers. These will be presented by Michael Povey of Thanet Passport.

Winners' photographs may be published on the Thanet Passport and East Kent Coaching websites, so please ensure that any 'Not to be Photographed' wristbands are visible.

Although schools will have encouraged runners to bring their own reusable water bottles, emergency supplies will be available just after the finish line.

Following consultation with schools, runners do not wear race numbers. Consequently, we do not publish lists of finishers' names. Schools seem to prefer this streamlined approach, rather than trying to attach numbers to shirts with safety pins in the Thanet weather!

Please be patient when waiting for the results. Everything has to be checked and typed up and this can only begin once the site is cleared, and the course dismantled.

Results will be uploaded in the late afternoon. If you would like an alert when they are ready, send an email to steve@eastkentcoaching.com with the subject line 'Please send me the results'

Results





Race Timetable

School staff should ensure that their runners are at the start in plenty of time to ensure races can start promptly. Anyone who misses their race will not be able to run in a later race.

The first four races are approximately 1000 metres

10:00	Year 3 Girls
10:20	Year 3 Boys
10:40	Year 4 Girls
11:00	Year 4 Boys

The final four races are approximately 1500 metres

11:20	Year 5 Girls
11:40	Year 5 Boys
12:00	Year 6 Girls
12:20	Year 6 Boys

Parents are reminded that they and any other children in their care should stay off the course. In the interests of safety and fairness, pacing of runners by parents, teachers, siblings or friends is not permitted.

Unlike track races, cross country results are seldom directly comparable. Even the same course has different characteristics on different days. The weather can have a huge influence and it's not just wind and rain on the day that may slow runners down. Rainfall in the days and weeks leading up to a race also affects how fast the surface is.

In setting out the course, the safety of the runners is always our main priority. Avoiding molehills, rabbit holes and other natural hazards may make the course slightly longer or shorter than advertised.

Discover the World of Riding at **Daffodil Paddock Riding Centre**

**After
School
Clubs**

Dive into the magical world of ponies! Held every Tuesday, Wednesday, or Thursday from 4:30 PM to 5:30 PM during school terms. Kids explore stable management, learn how to care for ponies, groom them, and, best of all, get to ride on the last week!

Our weekend riding lessons are tailored for all abilities! From lessons in the school to adventurous hacks, we ensure an enriching experience for your child.

**Weekend
Riding
Lessons**

**Adult
Hack 'n'
Chat!**

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Special rides for the little ones during school hours! Let your tiny tots experience the joy of riding in a safe and fun environment.

**Tiny
Tots
Rides**

Daffodil Paddock



Riding Centre

07745 422626

hm35@hotmail.co.uk



Daffodil.Paddock

Quex Park 

Our Event's History

This competition has its roots back in 2005, when Thanet Roadrunners began to organise cross country races for primary school children in Years 3 to 6.

Following successful trials at Newlands Primary School, a series of three fixtures per year was established, one during each school term. These were initially at Palm Bay School in Cliftonville, Newington Primary in Ramsgate and St Saviour's in Westgate.

As the event grew in popularity, school car parks quickly filled up on race days and nearby roads began to struggle with the volume of traffic. The St Saviour's fixture was first relocated to Hartsdown Park in Margate and when Thanet Athletics Club took over as organisers in 2013, the whole series was shifted to Quex Park in Birchington. This proved an ideal venue for what had become the biggest running competition for primary school children in the South of England.

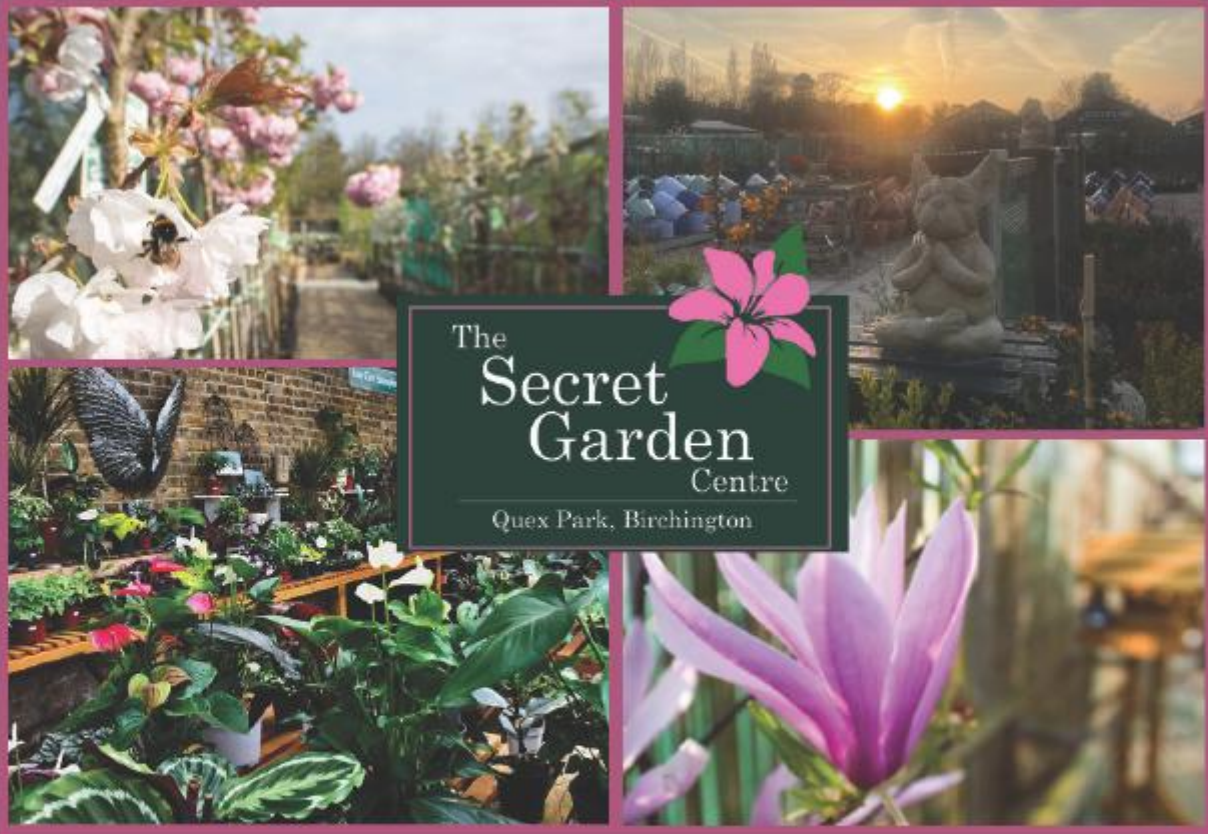
After many years of coaching local runners of all ages, East Kent Coaching took over the task of organising the event at the end of 2021. We are delighted that a few long-standing members of Thanet Athletics Club have continued to support us, stepping into key roles on the day.



We're a family-run business specialising in providing clean, modern portable toilets for events throughout Kent and Essex.

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Sunday 10-4pm

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We look forward to seeing you soon



Medical Assistance

Two ambulances from Margate Ambulance Corps will be in attendance, providing emergency medical assistance or first aid to anyone who requires it. This provision has once again been generously funded by Thanet Passport for School Sports.



If you are interested in First Aid training to help your local community, please get in touch with the Margate Ambulance Corps at:

margateambulancecorps@gmail.com

www.facebook.com/margateambulance

Secondary School Athletics

The *Kent Schools Track & Field Championships* is scheduled for Saturday 14th June 2025 at Medway Park, Gillingham. Pupils are entered by their school, via their district's coordinator.

To get a better picture of who schools should enter, (to ensure the Thanet squad is as strong as possible), parents and coaches are welcome to report significant performances in running, jumping or throwing events at any time via the QR code below.



Steve King
Thanet District Coordinator
Kent Schools' Athletic Association
steve@eastkentcoaching.com





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scan the code
for details



Advance Booking Available Now

See You Next Time

Saturday 4th October 2025