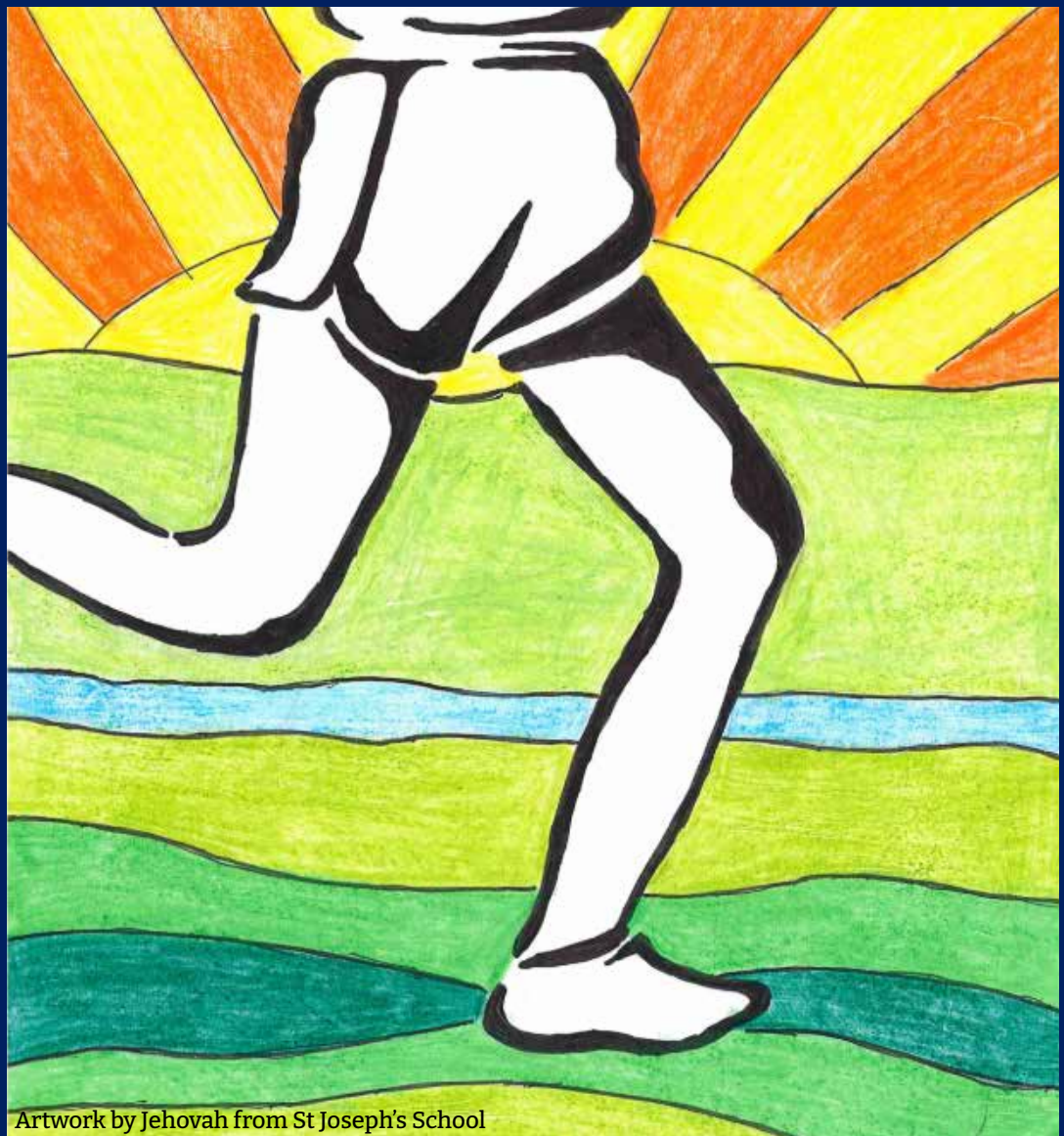


# ISA National Cross Country Finals

Mallory Park, Leicestershire  
Sunday 9 March 2025



Sponsored by  **PERFORMANCE  
RUNNING**



Artwork by Jehovah from St Joseph's School

## Welcome from ISA Sport

A very warm welcome to the ISA National Cross Country Finals 2025!

It is an honour to welcome everyone to Mallory Park, a brand-new venue for this exciting annual event. This year we have a challenging new course designed to test your strength, endurance and determination. We are excited to watch the best young runners, from each of the seven ISA areas, compete here today. Regardless of the outcome, individuals should feel proud having come this far and should enjoy exploring the picturesque grounds of Mallory Park, it is a great achievement to be here today.

A special thanks to the Clerk of the Course and ISA Ambassador Gwil Price for his invaluable involvement and commitment. This event would not be possible without his experience, knowledge and planning of the course that you are about to compete on.

We would also like to thank the ISA Sports Coordinators and Team Managers in each of the seven ISA regions for their contributions and commitment to making events like this memorable for all. They work tirelessly year-round on a voluntary basis, alongside full-time teaching within ISA schools, overseeing the sports provision in their region. Without their help, we would not have the qualifying events leading up to today.

We are thrilled to have GB athlete Alex Bell award medals to podium winners today! Read all about Alex's impressive athletics journey later in this programme.

Look out for our event sponsor Activate Camps who will be offering discounted prices on their 2025 summer camps. One lucky medallist today will be drawn out of a hat and receive a FREE place on a Performance Running Camp this August. You can read more about this prize later in the programme.

## Officials thank you

A fantastic team of officials are with us here today, all of whom have given up their time to ensure the event takes place in a well organised, professional and safe manner. Thank you to Jane Pidgeon (Referee), Noel Butler (Line Judge), Ian Clarke (Finish Team), Joan Clarke (Start Team), Bob Cooper (Starter), Colin Fox (Timekeeper), Rob Fox (Finish Coordinator), Mary Hodges (Start Coordinator), Fred Pidgeon (Timekeeper), James Terry (Finish Team), Tom Foulerton (Chief Course Marshal) and Dave Owens (Assistant Course Marshal).

## Dixie Grammar thank you

We would like to extend a special thanks to the staff, students, and parents of Dixie Grammar School, who have volunteered their valuable time to help with the setting up and running of today's event.

## Event Information

**Registration:** 10.30am – 11.30am

**Course familiarisation:** 11.00am - 12.15pm (do not walk on the course)

**First race:** 12.30pm

Dogs are strictly not allowed on site (except assistance dogs).

### Parking

There is hard standing parking on site. Parking fees are £3 per car, £5 for minibus and £10 for a coach/bus. Parking fees will be taken in CASH on departure. Stewards will direct you into the car park.

### Facilities

Changing rooms are not available and runners should come ready to race. Toilets are located on site. Athletes must NOT rinse shoes in the toilets as this will cause the water system to shut down.

### Race Briefing

Meet at the race briefing area 10 minutes before your start time. Please ensure you listen out for any announcements.

### Results

Given the nature and complexity of the event, results on the day can take time to be checked and approved. Consequently, this may mean a delay with the race results. Please do not expect these to be published instantly.

### Presentations

Medals will be awarded to the top 3 finishers at the end of each race. Team awards will be calculated using a combined placing of juniors, seniors, and overall. These results will be calculated and published after the event.

Junior Races: 10 competitors from each Area (6 count towards team points)

Senior Races: 10 competitors from each Area (4 count towards team points)

### First Aid

25 Eight Medical is the official medical provider for this event. First aid points can be seen on the course map and an ambulance will be visible on site.

### Refreshments

There will be hot and cold refreshments on sale.

### Photography

Splaat Photo will be in attendance. If you do not wish for your photo to be taken, please inform your Team Manager at registration. More details can be found on page 8 of this programme.

### Merchandise

Fine Designs will be selling bespoke event hoodies and Sportswear Deals will be selling running apparel and footwear.



## Look out for Alex Bell at the podium!



- Olympic 800m finalist in Tokyo
- 7th fastest all time 800m
- UK record holder in the road mile
- 2 x Commonwealth finalist
- European finalist
- 2 x European XC champion
- First British woman to break 2 minutes for the 800m in an all-female race

Follow Alexandra Bell on X (@alexbell92)



Event Results



INDEPENDENT  
SCHOOLS  
ASSOCIATION



Lots of  
colours to  
choose  
from



CROSS COUNTRY  
**NATIONAL  
FINALS 2025**  
LOUISE COUPS  
CATRIONA COVENEY  
CHARLIE COVENEY  
EMILY BAUGH  
BEATRICE BANKS  
LAUREN BARRAS  
MATHIEU BARRAS  
SOPHIE BARROWS  
EEOCE BARTON-LAKE  
ERIN BEHLIC  
GEMMA BIGG  
AANYA BILGI  
ANNA COLSTON  
LUCY COLSTON  
NATASHA COOK  
MARK COUGHMAN  
MARRIET COUGHLAN  
LIAM BUDD  
MICHAEL BYRNE  
HENRY CALLANAN

1. CHOOSE A COLOUR
2. CHOOSE A SIZE
3. CHOOSE YOUR LOGOS



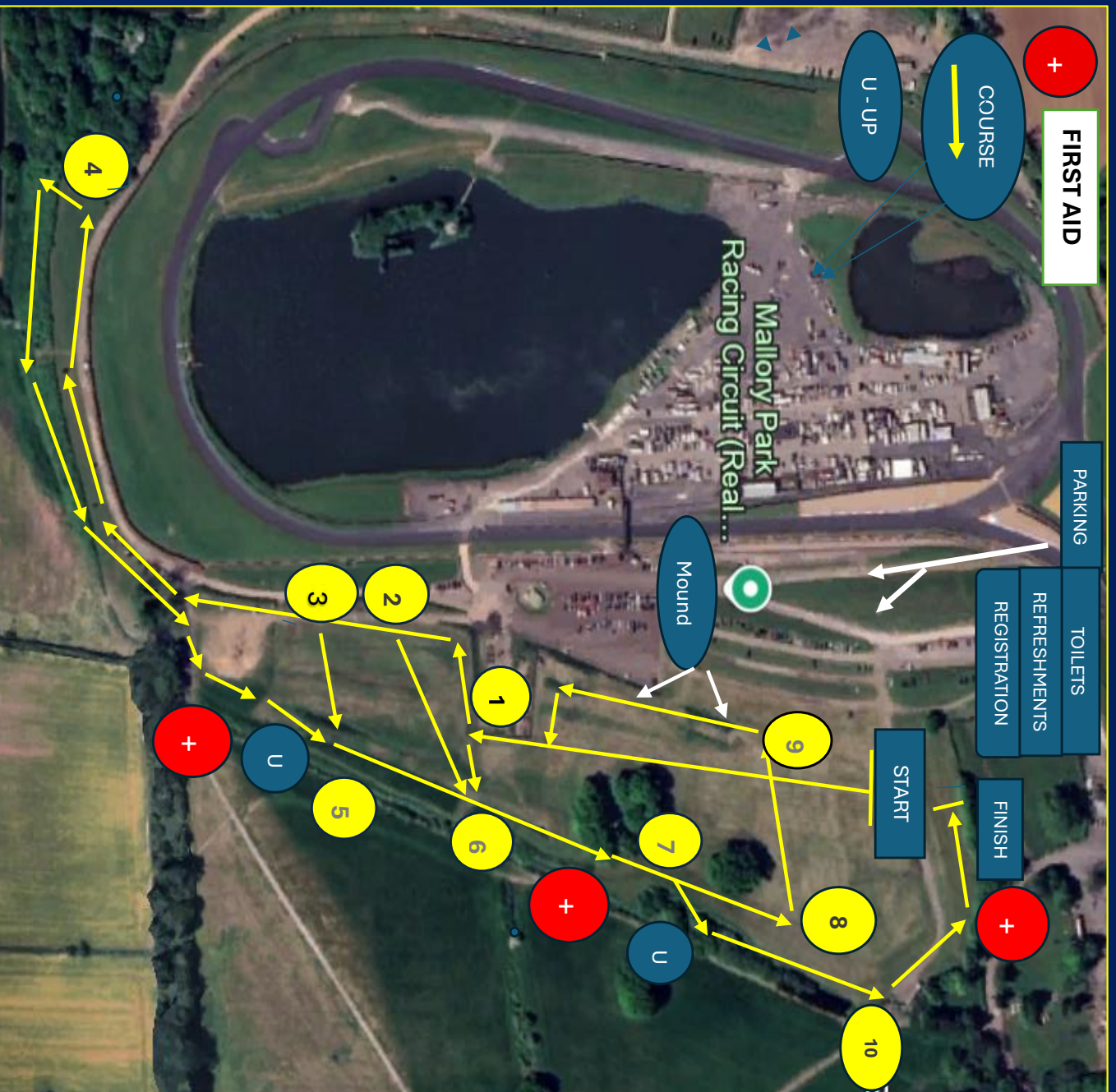
### BESPOKE EVENT GARMENTS PRINTED WHILE YOU WAIT

Fine Designs are delighted to be returning to the ISA Cross County National Finals 2025 selling our range of bespoke commemorative t-shirts & hoodies.

As each print only takes a few seconds it means you can customise your own garment and we print while you wait. Choose from the front logo, the sheet of competitors' names and lots of additional sleeve options including flags, medals and slogans. Prices start from £21 for a t-shirt and £41 for a hoodie.

*\*Our online shop will be open straight after the event*

[www.finedesignsuk.com](http://www.finedesignsuk.com) 01903 201068



1. Yr 4 G.	12.30	St.1.6.7.8.9.1.6.7.10.Fin.	(2x EXS loops).	1500m
2. Yr 4 B.	12.45	St.1.6.7.8.9.1.6.7.10.Fin.	(2x EXS loops)	1500m
3. Yr 5/6 G.	1.00	St.1.2.6.7.8.9.1.2.6.7.10.Fin.	(2x S loops)	1900m
4. Yr 5/6 B.	1.15	St.1.2.6.7.8.9.1.2.6.7.10.Fin.	(2x S loops)	1900m
5. Yr 7 G.	1.30	St.1.2.3.5.6.7.8.9.1.2.3.5.6.7.10.Fin.	(2x M loops).	2200m
6. Yr 7 B.	1.50	St.1.2.3.5.6.7.8.9.1.2.3.5.6.7.10.Fin.	(2x M loops)	2200m
7. Yr 8/9 G.	2.10	St.1.2.3.5.6.7.8.9.1.2.3.4.5.6.7.10.Fin.	(1x M loop, 1x F loop)	3200m
8. Yr 8/9 B.	2.30	St.1.2.3.5.6.7.8.9.1.2.3.4.5.6.7.10.Fin.	(1x M loop, 1x F loop)	3200m
9. Yr 10/11 G.	2.50	St.1.2.3.4.5.6.7.8.9.1.2.3.4.5.6.7.10.Fin.	(2x F loops)	3600m
10. OPEN G.	3.10	St.1.2.3.4.5.6.7.8.9.1.2.3.4.5.6.7.10.Fin.	(2x F loops)	3600m
11 Yr 10/11 B.	3.30	St.1.6.7.8.9.1.2.3.4.5.6.7.8.9.1.2.3.4.5.6.7.10.Fin.	(ES loop, 2x F loops)	4400m
12. OPEN B.	3.50	St.1.6.7.8.9.1.2.3.4.5.6.7.8.9.1.2.3.4.5.6.7.10.Fin.	(ES loop, 2x F loops)	4400m

Loops: EX Small (ES) - Start. 1. 6. Small (S) - Start 1. 2. 6 Medium (M) – Start. 1. 2. 3 to 5

FULL

(F) – Start to 1.2. 3. 4 to 5. **ALL DISTANCES ARE APPROXIMATE**

Numbers: ALL Numbers are on **YELLOW FLUORESCENT SIGNS ON THE COURSE.**

Number 4 only used on races using 'FULL' LAP.

**MARSHALLS AT ALL NUMBERED POINTS ON THE COURSE**

Course: Undulating grass course with a shale crossing at 3, and road 10 to finish

**IMPORTANT: THIS COURSE IS SUBJECT TO CHANGE**

# OFFICIAL PHOTOS



Photographs are available to view and purchase online by visiting:



[splaataphoto.co.uk/isa-cross-country](https://splaataphoto.co.uk/isa-cross-country)

Password: isacrosscountry25

EARLY BIRD OFFER: Order before midnight 23<sup>th</sup> March for a 25% discount!

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## About

Squad In Touch is a cloud-based web and mobile platform for schools.

Our platform provides tools helping manage school to home communication, sports, trips & activities.

With Squad In Touch your school can efficiently manage any types of activities whilst keeping all your school community up to date.

## Why Squad In Touch?

- ✓ Precisely tailored to your particular school needs, secure and GDPR compliant
- ✓ Dedicated support for all your school staff, parents and students
- ✓ Customised reports form, new features added based on your feedback
- ✓ Quick and easy to implement across whole school. Fair and affordable cost



## Features



### Sport

Manage all kinds of fixtures and competitions, add results and keep track of performance and achievements. Organise fun challenges and run house leagues. Share your success with the whole school community and keep everyone up to date.



### Clubs and Activities

Accept bookings and keep registers, manage waiting lists and get customised reports on attendance and participation across all subject areas. Share your comments and media, get parents and students automatically notified about any changes.



### Communication

Keep everyone instantly updated with built-in automatic notifications sent to staff, students and parents when there are any event changes. Send custom messages whenever you need from your mobile app. Public website and Big screen.



**SQUAD  
IN TOUCH**

## Sportswear Deals

We will be present on the day of both the ISA Cross Country as well as Track & Field Championships with our mobile running shop for all your essential needs to compete, be it replacement cross country spike shoes or pins or some winter essential training items to ensure you stay warm and dry this winter and spring.

**Sportswear Deals**  
**07946175816**



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