



**Cross Country**

Saturday 21 January 2023



**WOODBRIDGE  
SCHOOL**

**Woodbridge School** is proudly hosting the Independent Association of Prep Schools' (IAPS) Cross Country Championships on Saturday 21 January 2023. IAPS is a school association with over 660 of the world's leading prep schools in membership.

### Categories and races

There are four categories, and four races as follows, covering two separate distances:

- 11.15am, U11 Girls – 2,000m
- 11.30am, U11 Boys – 2,000m
- 11.45am, U13 Girls – 3,200m
- 12.05pm, U13 Boys – 3,200m

Athletes representing Cross Country focused Prep schools from around the country will compete with four to six runners from each school in every race. The day looks set to be a spectacular event and Woodbridge School is delighted to have been asked to host in our beautiful grounds.

### Scoring and medals

The top three positions in each team of four to six runners from each school will count towards a team total.

The top three schools in each category will be awarded.

The top three individual runners in each category will be awarded medals.

Woodbridge Prep School is entering the U11 Girls and U11 Boys races, with students from Years 5 and 6 competing.



## History of running at Woodbridge School

The School Running Group has been established for over 10 years, with a great many successes and achievements to celebrate.

### National representation

Woodbridge School athletes have won nine English Schools' vests since 2019 including a Boys team which should have travelled to the World Schools Championships were it not for COVID.

National Finals of the English Schools Cup - Woodbridge School has qualified one or more teams for every final since 2016 with Junior Boys winning in 2016 and Inter Boys taking Bronze in 2018.

### National Finals – English Schools Cross Country Cup

Woodbridge School has qualified for the National Finals six times in succession. Only 27 schools from around the country compete at these finals in each race.

Woodbridge School achievement summary at these National Finals:

- 2016** – Junior Boys team crowned National Champions
- 2017** – Individual winner of the Junior Girls race
- 2018** – Woodbridge School hosted the National Finals, with individual Silver in the Inter Boys, individual 5<sup>th</sup> in the Inter Girls and Bronze medals for the Inter Boys team
- 2019** – Individual winner of Inter Girls race
- 2020** – no event due to Covid
- 2021** – three teams competed in the finals and finished 6<sup>th</sup>, 7<sup>th</sup> and 7<sup>th</sup> across the age groups. We also won individual silver in Senior Girls.
- 2022** – Senior Girls to compete at the finals (at time of print).

### Anglian Schools Cross Country

In February 2022 Woodbridge School hosted the Anglian Schools Cross Country, with eighteen of our athletes representing Suffolk. Suffolk went on to win the overall title taking home six individual medals, and Woodbridge School athletes won three of those. Woodbridge School athletes have now won medals at this event for seven years in a row.

### Suffolk Schools County Cross Country Trials 2022

62 Suffolk schools entered the County Cross Country Trials. Some 1,800 athletes were narrowed down to just 48 to compete at English Schools. Eight of those 48 athletes were from Woodbridge School. The only English Schools vest won by a Suffolk athlete was by a Woodbridge School athlete.





# WOODBIDGE SCHOOL

## National IAPS Cross Country RACE TIMINGS AND DISTANCES

### Race timings and distances

Registration - 10:00

**U11 Girls - 11:15**  
2000m - 1 x Lap Y

**U11 Boys - 11:30**  
2000m - 1 x Lap Y

**U13 Girls - 11:45**  
3200m - 2 x Lap X

**U13 Boys - 12:05**  
3200m 2 x Lap X

Presentation - 12:45  
Sports Dome

### Laps

Lap X - 1600m S,A,B,C,D,E,G,H,J,F

Lap Y - 2000m S,A,B,C,D,E,G,H,I,H,J,F

**S** **F** Start and Finish

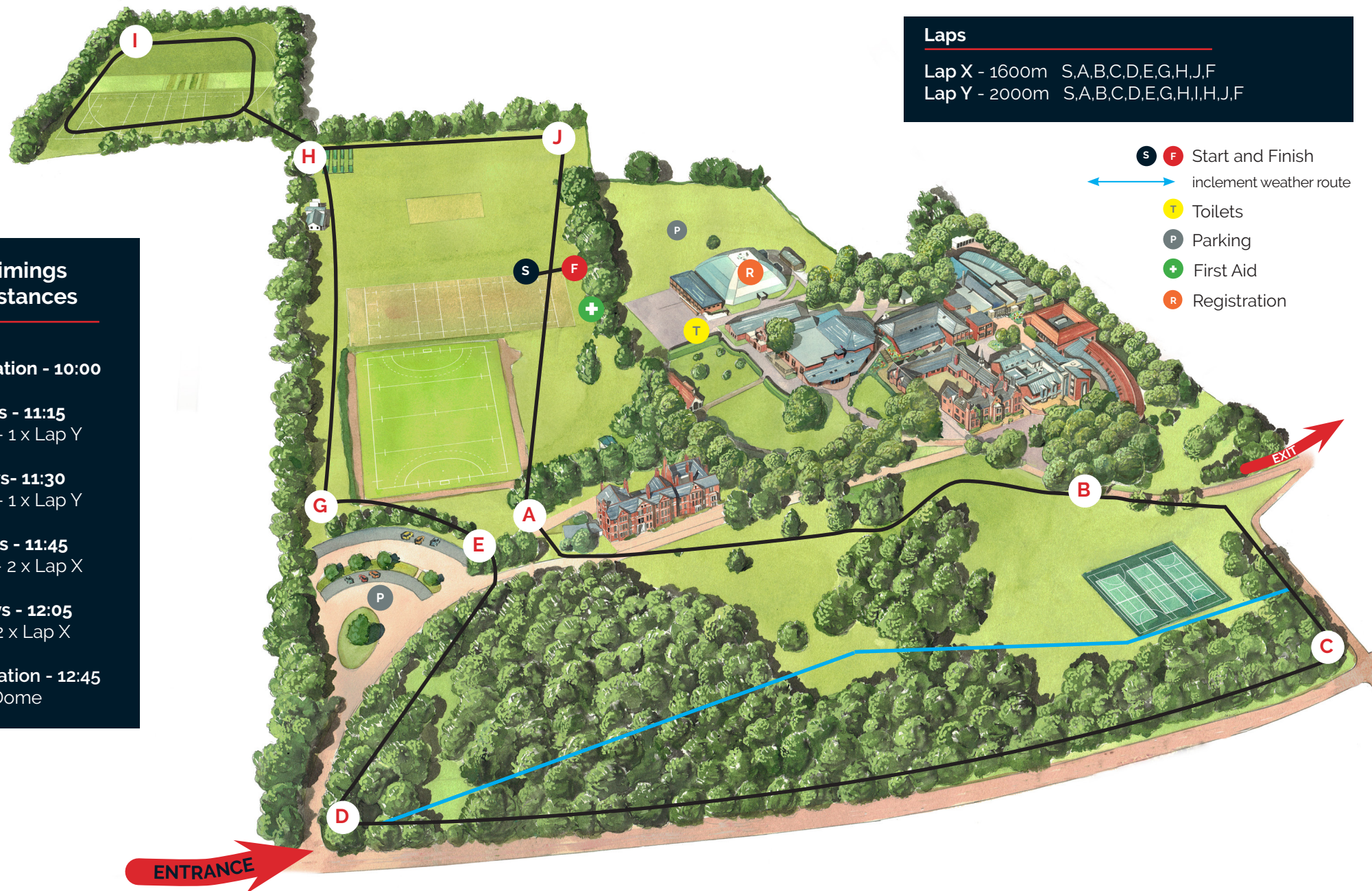
inclement weather route

**T** Toilets

**P** Parking

**+** First Aid

**R** Registration





## Sports day records

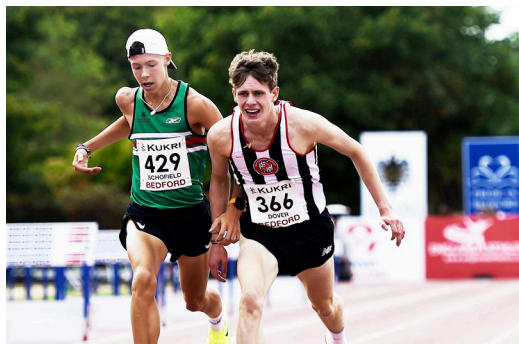
Woodbridge School has been in existence for over 350 years. Since the launch of the running group, 17 of the School's 20 sports day records for events of 800m and longer have been broken and reset with some of those records dating back to 1974.

## English Schools Track and Field

For six years in succession, endurance athletes have qualified to compete at The English Schools Track and Field Championships, with athletes making finals in 2018, 2019, 2021 and 2022, with a Gold medal in 2022.

## London Mini Marathon

For the last five years Woodbridge School athletes have gained selection to represent the East of England at the London Mini Marathon, with Woodbridge School athletes providing an two individual golds and one silver over the years.



**Henry Dover - Current Year 12**

The summer of 2022 was extraordinary for this young athlete. In July Henry won the English Schools 1500m and at the Home Nation International the following week setting a record for this event at 3:51.64.

His 3000m at 8:15.36 in early August was the 5<sup>th</sup> fastest UK U17 time ever run with Mo Farah now ranked 6<sup>th</sup> at that age.

Henry won the U17 3000m at the English Nationals, also in August, breaking a 42 year old record in the process.

To round off his summer, Henry won the London Mini Marathon in early October, what an achievement!



# Easy and accessible travel to Woodbridge



With a number of minibus services operating daily throughout the local region, Woodbridge School offers a comprehensive system of bus routes reaching across Suffolk as well as Essex. Our aim is to be flexible with services and includes destinations such as Layer Breton, Colchester, Sudbury, Bury St Edmunds, Aldeburgh and Lowestoft, to name just a few.

For those living further afield, the School offers a range of boarding options. Boarders form a vital part of the community at Woodbridge School, with everyone supporting and learning from one another. Our boarding house is co-educational and provides a true home from home for students on either a full or weekly boarding basis.

Read more at  
[woodbridgeschool.org.uk](http://woodbridgeschool.org.uk)



WOODBIDGE  
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# Where will your run take you?

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Join us on  
**Tuesday 21 March**  
for our next  
Open Morning

Book your place online at  
[woodbridgeschool.org.uk](http://woodbridgeschool.org.uk)

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