

Regional Area Guidelines

A small number of regions are offering inperson heats, the majority are online. One region is offering both an in-person event and an online event, so you need to select one of these options.

If you are not able to attend on the date





allocated to your regional heat, or your heat is an in-person event and you cannot travel with your team to take part, please book a place in one of the three cross-regional heats. Please do not choose another region that is 'nearby' to your own. **If you enter a heat out of area, then your score will not count.** Either book for your specific region or book into a cross-regional heat.

N.B. Some regions have changed since last year. Please check all details carefully when booking!

AREA	COUNTIES	CITIES AND TOWNS AS EXAMPLES	DATE AND TIME
Northern Ireland: in- person Host and venue: Killicomaine Junior High School, Portadown	All	All	Friday 23 February 9.30 – 12.00
Wales: online	All	All	Monday 26 February 10 – 12.30
NW, W and SW Scotland, Scottish Isles: online	Argyll, Dumbarton, West Stirling, Renfrew, Bute, Ayr, Kirkcudbright, Lanark & Dumfries, Orkney, Shetland, Caithness, Sutherland, Ross & Cromarty, Banff, Inverness, Nairn, Moray	e.g. Glasgow, Greenock, Kilmarnock, Stirling, Dunblane, Airdrie, Dumbarton, Inverness	Monday 11 March 10 – 12.30



AREA	COUNTIES	CITIES AND TOWNS AS EXAMPLES	DATE AND TIME
NE, E and SE Scotland: online	Aberdeen, Kincardine, Angus, Perth & Kinross East Stirling, Clackmannan, Kinross, Fife, West Lothian, Midlothian, East Lothian, Peebles, Selkirk, Berwick, Roxburgh, South Perth	e.g. Edinburgh, Dunfermline, Perth, Kirkcaldy, Falkirk, Aberdeen, Dundee	Tuesday 27 February 10 – 12.30
Merseyside and Greater Manchester: in-person Host: Wirral Grammar School for Girls Venue: The Birkenhead School	Merseyside, The Wirral, Cheshire, Greater Manchester, South Lancashire	e.g. Liverpool, St Helens, Chester, Crewe, Macclesfield, Alsager, Southport, Warrington, Manchester, Rochdale, Bolton, Wigan, Altrincham	Monday 4 March 10 – 12.30
Merseyside and Greater Manchester: <mark>online</mark>	Merseyside, The Wirral, Cheshire, Greater Manchester, South Lancashire	e.g. Liverpool, St Helens, Chester, Crewe, Macclesfield, Alsager, Southport, Warrington, Manchester, Rochdale, Bolton, Wigan, Altrincham	Monday 18 March 10 – 12.30
Northeast England: online	Northumberland, Tyne & Wear, North Tyneside, South Tyneside, Durham, Teesside	e.g. Newcastle, Darlington, Hartlepool, Middlesbrough, Durham, Sunderland, Gateshead, Hexham, and Morpeth	Wednesday 20 March 10 – 12.30
Northwest England: online	Cumbria, North Lancashire, Isle of Man (excluding Merseyside and Manchester areas – see specific heat)	e.g. Cockermouth, Sedbergh, Preston, Lancaster, Blackburn, Blackpool	Wednesday 28 February 10 – 12.30
Yorkshire: online	North Yorkshire, East Yorkshire, South Yorkshire, West Yorkshire	e.g. York, Leeds, Wakefield, Skipton, Bradford, Hull, Sheffield, Doncaster, Barnsley, Settle, Hawes	Friday 8 March 10 – 12.30



AREA	COUNTIES	CITIES AND TOWNS AS EXAMPLES	DATE AND TIME
West Midlands: online	Staffordshire, Shropshire, Hereford & Worcester, West Midlands, and Warwickshire	e.g. Birmingham, Coventry, Warwick, Stratford upon Avon, Stoke on Trent, Stafford, Wolverhampton, Worcester, Evesham, Telford	Thursday 29 February 10 – 12.30
East Midlands: online	Derbyshire, Nottinghamshire, Lincolnshire, Leicestershire and Northamptonshire, Rutland	e.g. Worksop, Corby, Leicester, Loughborough, Nottingham, Oakham, Immingham, Lincoln, Bourne, Uppingham, Northampton, Towcester, Kettering, Sleaford, Spalding, Brackley	Wednesday 13 March 10 – 12.30
Oxford, Berkshire & Buckinghamshire: online	Oxfordshire, Berkshire, Buckinghamshire	e.g. Oxford, Burford, Witney, Banbury, Wantage, Abingdon, Newbury, Reading, Wokingham, Slough, Maidenhead, Windsor, Ascot, Milton Keynes, Aylesbury, High Wycombe	Tuesday 19 March 10 – 12.30
East England: in-person Host and Venue: Northgate High School, Dereham	Norfolk, Suffolk, Cambridgeshire	e.g. Norwich, King's Lynn, Ipswich, Stowmarket, Downham Market, Aylsham, Attleborough, Cambridge, Bury St Edmunds, Peterborough, Huntingdon	Friday 1 March 10 – 12.30
Thames Gateway and East London: in-person Host and Venue: Harris Academy Ockendon, South Ockendon	Essex, Kent (excluding South Kent) and all London schools with an E## postcode	e.g. Colchester, Chelmsford, Southend, Romford, Epping, Harlow, Barking, Walthamstow, Stratford, Dartford, Rochester, Orpington, Canterbury, Saffron Walden, Thurrock	Monday 25 March 10 – 12.30



Change your story			
AREA	COUNTIES	CITIES AND TOWNS AS EXAMPLES	DATE AND TIME
North London, West London & surrounds: online	London schools with N## and NW## postcodes, W##, Hertfordshire, Bedfordshire	e.g. Ruislip, Harrow, Ealing, Enfield, Stevenage, Hertford, Potters Bar, St Albans Watford, Berkhamsted, Dunstable, Luton, Harpenden, Hatfield, Letchworth, Bishop Stortford PLUS HOUNSLOW	Tuesday 12 March 10 – 12.30
Southwest London: online	London schools with SW##, EC## and WC## postcodes, Surrey inside M25	e.g. Fulham, Teddington, Reigate, Banstead, Egham, Southall, City of London, Sutton, Kingston EXCLUDING HOUNSLOW	Friday 15 March 10 – 12.30
Southeast London: online	London schools with SE## and BR## postcodes, Croydon	e.g. Bromley, Bexley, Croydon, Dulwich, Greenwich, Lewisham, Southwark, Woolwich	Thursday 14 March 10 – 12.30
South England: online	East & West Sussex, Hampshire, Surrey outside M25, South Kent	e.g. Eastbourne, Chichester, I of Wight, Basingstoke, Southampton, Portsmouth, Horsham, Guildford, Reigate, Tonbridge, Tunbridge Wells, Dover, Sevenoaks, Maidstone	Thursday 21 March 10 – 12.30
Southwest England: online	Gloucestershire, Wiltshire, Dorset, Somerset, Devon, Cornwall	e.g. Gloucester, Bristol, Bath, Dorchester, Exeter, Swindon, Trowbridge, Truro, Taunton	Tuesday 5 March 10 – 12.30
Cross-regional Heat One: online	Any school not able to attend their regional heat	All UK	Thursday 22 February 10 – 12.30
Cross-regional Heat Two: online	Any school not able to attend their regional heat	All UK	Wednesday 6 March 10 – 12.30
Cross-regional Heat	Any school not able to	All UK	Friday 22 March

attend their regional

heat

Three: online

10 - 12.30



Region	Date	
Cross-Regional Heat One: online	Thursday 22 February	
Northern Ireland: in-person	Friday 23 February	
Wales: online	Monday 26 February	
Northeast, East, Southeast Scotland: online	Tuesday 27 February	
Northwest England: online	Wednesday 28 February	
West Midlands: online	Thursday 29 February	
East England: in-person	Friday 1 March	
Merseyside and Manchester: in-person	Monday 4 March	
Southwest England: online	Tuesday 5 March	
Cross-Regional Heat Two: online	Wednesday 6 March	
Yorkshire: online	Friday 8 March	
Northwest, West, Southwest Scotland, Scottish Isles: online	Monday 11 March	
North London, West London, Beds and Herts: online	Tuesday 12 March	
East Midlands: online	Wednesday 13 March	
Southeast London: online	Thursday 14 March	
Southwest London: online	Friday 15 March	
Merseyside and Manchester: online	Monday 18 March	
Oxford, Berkshire, and Buckinghamshire: online	Tuesday 19 March	
Northeast England: online	Wednesday 20 March	
South England: online	Thursday 21 March	
Cross-Regional Heat Three: online	Friday 22 March	
Thames Gateway and East London: in-person	Monday 25 March	