

ESAA Sainsbury's English Schools' Cross Country Cup 2007 Online entry only

Closing date for entry 31st May, 2007
Teachers in charge of athletics **ACT NOW**



ESAA



English Schools' Athletic
Association

Sainsbury's



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ESAA SAINSBURY'S ENGLISH SCHOOLS' CROSS COUNTRY CUP COMPETITION 2007

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Certain important details in this document have been deleted in this document published on the internet
to particularise the security codes, bank details, and contact details for regional organisers.
Full details are contained in the brochures which were sent to each school.

March, 2007

Dear Colleague,

We extend to you a warm invitation to enter teams from your school in the 2007 Cup Competition which takes place this coming autumn. If you have entered before we hope you will do so again and encourage your neighbouring schools to enter as well.

1. HOW TO ENTER

ENTRIES CAN ONLY BE MADE ONLINE.

This year all of the administration for the competition will be completed online from the ESAA website. We will be using the same system that was developed for the Track and Field Cup last year so many of you will already be familiar with this. Entries must be made online as follows, it only takes a few minutes. **THERE ARE NO POSTAL ENTRIES.**

- 1 Go to the ESAA website: www.esaa.net
- 2 Click the 2007 link in the main menu.
- 3 Click the Online Entry Form in the **Cross Country Cup** menu, be careful not to click the similar one in the Track and Field Cup menu.
- 4 Enter the security code (deleted) and the postcode of your school in the boxes provided, and then click the next step button. Details of your school will then be displayed. Note that a few schools in the country share a postcode with another school - if the details shown are not your own school click back and then re-enter the details with an underscore between the two parts e.g. AA23_4BB.
- 5 Check that the details for your school are shown correctly. If not, click the link provided to let us know of any changes necessary.
- 6 Enter your name, contact details and a password of your choosing in the boxes provided. You need to remember your password so that you can log on to view the competition administration details during the course of the year. All correspondence concerning the event will be sent to the name that you give here.
- 7 Enter the name and contact of the team manager for your boys' and girls' teams.
- 8 Tick the boxes corresponding to the teams you wish to enter.
- 9 Click the next step button to complete your entry.

You will then be presented with confirmation of your entry - if anything is incorrect, click back and correct the details as necessary. The confirmation page will show details of how to pay for your entry, and how to keep track of the event administration online.

Print two copies of the details - keep one copy for your records and give the other to your school bursar or secretary so that they can arrange for payment to be sent to the ESAA. This information can always be displayed again by logging on to the website using the email address and your password you specified in your entry.

ENTRY FEES

Entry fees are £8.00 per team.

Entries can be paid either electronically by BACS (much preferred) or you can post a cheque to the ESAA. Payment for your entries must be received within 10 working days otherwise your entry may be deleted.

Paying via BACS

Give a copy of the confirmation to your school bursar or secretary and ask them to pay the amount shown into the following account:

Account Name (deleted)

Sort Code (deleted)

Account Number (deleted)

Please enter your *school postcode* as the reference for the payment so that we can match the payment to your entry.

Payment by cheque

Please post a copy of your confirmation with a cheque payable to **ESAA** to: Mrs M O'Donnell, 12, Elsworth Drive, Astley Bridge, Bolton, BL1 8TE

One Team £8.00, Two Teams £16.00, Three Teams £24.00, Four Teams £32.00

What to do next

Those of you who entered last year's Track and Field Cup will already be familiar with the system. Details of how to proceed will be shown on the confirmation details. You can keep track of the competition administration by logging on to the website as follows:

- 1 Go to the **ESAA** website at www.essa.net
- 2 Click the **2007** link in the main menu
- 3 Click the **Competition Progress** link in the **Cross Country Cup** menu, be careful not to click the similar link in the Track and Field Cup menu.

You will then be presented with a menu giving options to allow you to display all the details relevant to your own school for each round of the competition, together with facilities to enter the names of your squads and then to select your team for each round from the squad you have entered. Full instructions showing how to use the facilities are available from this menu. You will also see a notice board which will keep you informed of progress, this will show reminders of what to do next, and when.

Team declarations for each round need to be made online just before each event - this is done by simply ticking your selected athletes from the squad lists you have previously entered, then printing the declaration form which will be displayed for you with your team selection

Details of Round 1 venues will be posted on the website. You should take a completed declaration form to that round, to give to the First Round organiser. You can write on any last minute changes before handing it in. Numbers for the first rounds can be printed from the website and copied onto card for your schools.

Details of the Regional Final will be posted on the website. A declaration form should be completed online and taken to the Regional Final.

Details of the Final at St. Columbus College, St. Albans will be posted on the website. Finalists need to complete a declaration form on the website (as for earlier rounds) and post a copy by **THURSDAY 15th NOVEMBER** to the ESAA at: Mr J Gwyther, 53, Dar Beck Road, Scotter, Gainsborough, Lincolnshire. DN21 3SX.
(We need a copy to be posted so that the National Coordinator has a paper copy available in case the internet breaks down at a critical moment)

All results will be displayed on the website shortly after each event. A computer program will be available to competition organisers to enable full results to be quickly processed and automatically uploaded to the website if they have the facilities available to do this, otherwise competition results will be listed with team scores only.

Finally, if you need any help using online facilities, you can always send a message to Joe Lee, the website host, by clicking the "contact us" link on the website main menu - a reply will normally be forthcoming within an hour or so.

2. CLOSING DATE

WEDNESDAY, 31st MAY, 2007. ENTER NOW while the forms are handy. Please take care: entries which arrive late or without the correct fees, will not be included.

3. CONDITION OF ENTRY

The successful running of this competition depends on the ability and willingness of schools to act as organising schools for the Preliminary Round and Regional Finals. If any school declines to organise a Preliminary Round, when requested to do so by the Regional Cup Secretary, the Cross Country Committee reserves the right to eliminate that school from the competition. Your registration represents a firm undertaking to organise a preliminary round, if asked to do so; it will be perfectly acceptable to use school playing fields.

Please note that the ESAA has agreed that if any expenses are incurred in staging the preliminary round match (e.g. for first aid cover) the host school is entitled to expect all participating schools to pay their share of the expenses.

4. INSURANCE

All rounds of this competition are covered by the E.S.A.A. Insurance Scheme.

5. IMPORTANT DATES

Wednesday, 31st May, 2007
Second week in September.
Monday, 1st October to
Saturday, 6th October
Saturday, 10th November
Saturday, 1st December

Last date for making online entries.
Instructions sent to registered schools.
Preliminary Round matches must take place in this period
preferably in mid-week.
Regional Round matches take place.
Final Round – St. Columbus College, St. Albans

We very much look forward to receiving your entries for the 2007 Competition.

Yours sincerely,
M. O'Donnell and John Gwyther
Cup Co-ordinators

REGIONAL ROUND MATCH RESULTS

Held on Saturday, 11th November, 2006

JUNIOR GIRLS			INTER GIRLS		JUNIOR BOYS		INTER BOYS	
				REGION A				
1	Queen Elizabeth G.S.	51 pts	Upton Hall	49 pts	Calday Grange	34 pts	West Hill	34 pts
2	St. Julie's R.C. H.S.	58 pts	St. Hilda's C.E. H.S.	69 pts	Kirkby Kendall	57 pts	St. Anselm's College	64 pts
3	Westholme School	59 pts	Canon Slade	82 pts	Crompton House	62 pts	Kirkby Kendal	82 pts
				REGION B				
1	St. John Fisher R.C.	16 pts	Emmanuel College	35 pts	Allertonshire	28 pts	Ermysted's G.S.	37 pts
2	Laurence Jackson	52 pts	Dame Allen's	45 pts	Ermysted's G.S.	38 pts	Allertonshire	42 pts
3	Durham Johnston	59 pts	Durham Johnston	59 pts	Durham Johnston	69 pts	Emmanuel College	48 pts
				REGION C				
1	Bromsgrove Prep.	45 pts	Helsby High	51 pts	Marling	47 pts	Helsby H.S.	29 pts
2	Lynn High	58 pts	Cheltenham L.C.	52 pts	Adams G.S.	57 pts	Adams G.S.	34 pts
3	Shrewsbury H.S.	93 pts	Stratford Girls' G.S.	62 pts	Helsby High	58 pts	Bridgewater H.S.	57 pts
				REGION D				
1	Oakham	22 pts	The Minster	49 pts	Leeds	34 pts	Highfields	32 pts
2	Loughborough H.S.	67 pts	The Girls' G.S.	68 pts	Highfields	67 pts	Wolfreton	65 pts
3	The Girls' G.S.	68 pts	Wolfreton	70 pts	Longcroft	69 pts	Loughborough G.S.	70 pts
				REGION E				
1	Aylesbury H.S.	43 pts	Hastingsbury Upper	23 pts	Northampton Boys'	37 pts	Northampton Boys'	30 pts
2	Lincroft Middle School	44 pts	Beaconsfield H.S.	56 pts	Lincroft Middle	42 pts	Sharnbrook Upper	38 pts
3	Beaconsfield H.S.	67 pts	Tudor Hall	83 pts	John Colet	55 pts	Dr. Challoner's G.S.	47 pts
				REGION F				
1	Penair	30 pts	Penair	29 pts	Millfield Prep.	40 pts	Clevedon Community	40 pts
2	South Wilts G.S.	33 pts	Sir John Colfox	47 pts	Bishop Wordsworth	66 pts	Millfield	57 pts
3	St. Antony's Leweston	46 pts	Millfield	66 pts	Clayesmore Prep.	74 pts	Corfe Hills	77 pts
				REGION G				
1	Southend H.S. for Girls'	39 pts	Cooper's Co. & Coborn	10 pts	Southend H.S. for Boys'	25 pts	Southend H.S. for Boys'	24 pts
2	Coopers Co. & Coborn	48 pts	Southend H.S. for Girls'	58 pts	Fitzwimarc	46 pts	Westcliff H.S. for Boys'	52 pts
3	Brentwood Ursuline	73 pts	Brentwood Ursuline	59 pts	Enfield G.S.	54 pts	Fitzwimarc	81 pts
				REGION H				
1	James Allen's Girls'	47 pts	James Allan's Girls'	44 pts	The Judd	29 pts	The Winston Churchill	25 pts
2	Danes Hill School	58 pts	Tonbridge G.S.	71 pts	Beths G.S.	39 pts	The Hayesbrook	41 pts
3	Tiffin Girls' School	73 pts	Robert May's School	79 pts	Toynbee Sports College	64 pts	Cardinal Newman R.C.	55 pts

E.S.A.A. Sainsbury's Cross Country Cup Final

Canon Slade School

Saturday, 2nd December, 2006

JUNIOR GIRLS		INTER GIRLS		JUNIOR BOYS		INTER BOYS		
1	St. John Fisher R.C.	72 pts	Cooper's Co. & Coborn	33 pts	Fitzwimarc	103 pts	The Winston Churchill	44 pts
2	St. Antony's	95 pts	Emmanuel College	61 pts	The Judd	110 pts	Northampton School for Boys'	77 pts
3	South Wilts G.S.	95 pts	Hastingsbury Upper	112 pts	Enfield G.S.	113 pts	The Haysbrook	98 pts
4	Oakham	127 pts	Sir John Colfox	134 pts	Calday Grange	116 pts	Southend H.S. for Boys'	102 pts
5	Coopers' Co. & Coborn	129 pts	James Allen's Girls'	147 pts	Southend H.S.	122 pts	Fitzwimarc	109 pts
6	Penair	134 pts	Penair	148 pts	Lincroft Middle	131 pts	Highfields	125 pts
7	Lincroft Middle	144 pts	Tonbridge G.S.	165 pts	Allertonshire	135 pts	West Hill	128 pts
8	Southend H.S. for Girls'	161 pts	St. Hilda's C.E. H.S.	175 pts	Kirkby Kendall	149 pts	Clevedon Community	153 pts
9	James Allen Girls'	176 pts	Dame Allen's	176 pts	Millfield Prep.	198 pts	Sharnbrook Upper	158 pts
10	Danes Hill	183 pts	The Minster	201 pts	Helsby H.S.	202 pts	St. Anselms College	175 pts
11	Westholme	187 pts	Millfield	210 pts	Beths G.S.	212 pts	Westcliffe H.S. for Boys'	203 pts
12	St. Julie's R.C.	187 pts	Upton Hall	213 pts	John Colet	216 pts	Ermysted's G.S.	219 pts
13	Bromsgrove Prep.	197 pts	Cheltenham Ladies Coll.	214 pts	Marling	216 pts	Allertonshire	228 pts
14	Aylesbury H.S.	199 pts	Wolfreton	227 pts	Crompton House	217 pts	Corfe Hill	229 pts
15	Loughborough H.S.	204 pts	Beaconsfield H.S.	228 pts	Northampton School for Boys'	218 pts	Millfield	255 pts
16	Queen Elizabeth G.S.	229 pts	Durham Johnston	229 pts	Clayesmore Prep.	222 pts	Kirkby Kendall	267 pts
17	Beaconsfield H.S.	237 pts	Robert May's	231 pts	Leeds G.S.	249 pts	Helsby H.S.	286 pts
18	Laurence Jackson	252 pts	Tudor Hall	253 pts	Ermysted's G.S.	250 pts	Wolfreton	289 pts
19	Durham Johnston	279 pts	Helsby H.S.	256 pts	Bishop Wordsworth	273 pts	Bridgewater H.S.	301 pts
20	Brentwood Ursuline	288 pts	The Girls' G.S.	261 pts	Longcroft	285 pts	Loughborough G.S.	313 pts
21	Tiffin Girls'	354 pts	Brentwood Ursuline	292 pts	Durham Johnston	311 pts	Dr. Challoner's G.S.	325 pts
22	The Girls' G.S.	360 pts	Stratford Girls' G.S.	320 pts	Toynbee Sports College	323 pts	Emmanuel College	345 pts
23	Shrewsbury H.S.	431 pts	Canon Slade	330 pts	Highfields	343 pts	Cardinal Newman R.C.	351 pts
24	Lynn H.S.	470 pts	Southend H.S.	332 pts	Adams G.S.	383 pts	Adams G.S.	384 pts

DID YOUR SCHOOL ENJOY THE 2006 COMPETITION?

We hope so - please enter your school again - and try to secure the entry of one new school this year.

IF YOU HAVE NEVER ENTERED - GIVE THE COMPETITION A TRY

The school athletes enjoy and derive enormous benefit from competing against school teams outside their own immediate area. GIVE THEM THE CHANCE!

ENTER TODAY - DO NOT DELAY - WE LOOK FORWARD TO RECEIVING YOUR ENTRY **BEFORE 31st MAY, 2007.**

**ESAA SAINSBURY'S ENGLISH SCHOOLS'
CROSS COUNTRY SCHOOLS' CUP COMPETITION
RULES**

(As in E.S.A.A. 2007 Handbook)

GENERAL

5. **TEAM MANAGEMENT.** Teams shall be under the management and control of Team Stewards who must be qualified teachers.
6. Failure to comply with Rule 5 may render a team liable to disqualification.
9. **DRUG ABUSE.** The use of drugs to enhance performance before or during competitions is forbidden and anti doping tests may be carried out at any E.S.A.A. event.
10. **OFFICIALS** for Championships and Cup Competition Finals shall be appointed by the E.S.A.A. through its appropriate committee.
11. **PROTESTS**
 - (a) Any protest or objection by a competitor or team against the conduct or placing of another competitor or team in any competition or relating to any matter which may develop during the carrying out of the programme shall be made to the appropriate referee by an authorised team steward within 60 minutes of the official announcement of the result. The decision of the referee shall be final and shall be announced immediately.
 - (b) Any other protest concerning eligibility or qualification to compete should be made in writing to the Hon. Secretary of the E.S.A.A. within seven days of the event.

**CROSS COUNTRY SCHOOLS'
CUP COMPETITION**

73. **CUP FINAL.** The Cup Final will be held annually on the first Saturday in December.
74. **AGES.** The age groups for the competition shall be:

Junior	12 years and under 14 years – (normal Years 7 & 8).
Intermediate	14 years and under 16 years – (normal Years 9 & 10).

Ages as at 31st August at the **end** of the school year in which the competition takes place.
75. **ENTRIES**
 - (a) The Competition is for individual school teams only.
 - (b) Only one team per school may be entered in each Championship.
 - (c) The entry contribution for each team entered, which will be determined annually by the Cross Country Committee, must be received within 10 days of online entry. Should a school subsequently withdraw a team the entry contribution will not be refunded.
 - (d) No late or amended entries shall be accepted after the closing date.
 - (e) **The Cross Country Committee reserves the right to refuse entries from schools in any area where no school has expressed willingness to act as host.**
 - (f) For each match entered, schools must complete a declaration form online with details of at least four but not more than six pupils who will make up the team. A copy of this form should be printed, signed and handed to the race organiser at least half an hour before the start of the first race of the meeting.
 - (g) For the final, each team shall make up to 12 nominations, from which they declare a maximum of six, but not less than four runners on the day. These nominations to be made within five days following the Regional Final.
 - (h) Any team fielding an ineligible runner shall be disqualified.

76. **DISTANCES.** The length of the courses in all rounds shall be:

		<i>Recommended time for Race Winners</i>
Junior Boys	2,500 – 3,000 metres	10 mins
Intermediate Boys	4,000 – 4,500 metres	15 mins
Junior Girls	2,000 – 2,500 metres	9 mins
Intermediate Girls	2,500 – 3,000 metres	10 mins

The severity of the course shall be considered when determining the distance within the above limits.

The course shall be clearly marked, free from dangerous hazards, with an unhindered run of an appropriate length to the finish.

77. **THE COMPETITION**

(a) The competition shall be run in three stages as follows:

- (i) A Preliminary Round to take place in October (preferably mid-week) at host schools within reasonable travelling distance of visiting schools.
- (ii) A Regional Round to take place on the second Saturday in November. The matches to take place at host schools in approximately eight Regions, the number and definition of these Regions to be decided by the Cross Country Committee in the light of the annual entry.
- (iii) A Final – all arrangements for the Final shall be the responsibility of the Cross Country Committee.

(b) A minimum of two schools shall proceed from each match in the competition to the following round.

78. **SCORING**

- (a) At the conclusion of each match the Official Judges shall decide the respective places of the scoring competitors of each school team, add these together and the team having the lowest aggregate shall be declared the winning team.
- (b) The leading four runners in each team shall be scoring competitors and in the event of aggregate scores being equal, the winning team shall be that whose last scoring runner finished nearer to first place.

79. **OFFICIALS**

- (a) For First and Regional Round matches it is advisable that the following officials be appointed: Referee, Judge, Recorder, Funnel Controller, Disc Distributor, Starter and Declaration Steward.
- (b) Visiting schools may be asked to assist with the provision of officials.
- (c) The duties of Officials shall be in accordance with the recommendation of the English Schools Athletic Association.

80. **TRAVEL.** The Management Committee may, in its absolute discretion, make grants towards the travel expenses of schools to Regional and Cup Finals.

REMINDER TO THOSE SCHOOLS HOSTING A REGIONAL ROUND

Schools who host a Regional Round will be entitled to enter **one** team at their Regional Round, should none of their teams have qualified from the Preliminary Round.

This entry would be in addition to the twelve teams who have qualified from the Preliminary Round.