

ESAA Sainsbury's English Schools' Cross Country Cup 2008 Online entry only

Closing date for entry 31st May 2008
Teachers in charge of athletics **ACT NOW**



ESAA



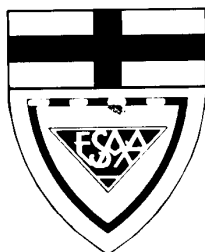
English Schools' Athletic Association
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ESAA SAINSBURY'S ENGLISH SCHOOLS' CROSS COUNTRY CUP COMPETITION 2008

Chairman:
Mr. K. Bray



Treasurer:
Mr. L. E. Alcock

Secretary:
Mr. D. Littlewood
26 Newborough Green,
New Malden, Surrey KT3 5HS.

March, 2008

Dear Colleague,

We extend to you a warm invitation to enter teams from your school in the 2008 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 2008 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 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 **ESAA Cross Country Cup**

Sort Code **30-92-79**

Account Number **03219053**

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

*****NOTE: The security code is contained in the brochure which was posted to each school. Please use the 'contact us' form on the website if you can't find it.

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 .esaa.net**
- 2 Click the **2008** 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 Shepshed High School, Leicestershire 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 13th 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

SATURDAY, 31st MAY, 2008. 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 entirely on the ability and willingness of schools to act as organising schools for the Preliminary Round and Regional Finals. 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

Saturday, 31st May, 2008	Last date for making online entries.
Second week in September.	Instructions sent to registered schools.
Monday, 6th October to Saturday, 11th October	Preliminary Round matches must take place in this period preferably in mid-week.
Saturday, 8th November	Regional Round matches take place.
Saturday, 6th December	Final Round – Shepshed High School, Leicestershire

We very much look forward to receiving your entries for the 2008 Competition.

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

REGIONAL ROUND MATCH RESULTS

Held on Saturday, 10th November, 2007

JUNIOR GIRLS			INTER GIRLS			JUNIOR BOYS			INTER BOYS		
REGION A											
1	St. Julie's R.C. School	38 pts	Queen Elizabeth G.S.	53 pts	West Hill School	33 pts	St. Anselm's College	42 pts			
2	St. Hilda's School	61 pts	Upton Hall School	56 pts	St. Anselm's School	54 pts	Kirkbie Kendal School	60 pts			
3	Bluecoat School	62 pts	Canon Slade School	59 pts	Chetwynde School	67 pts	Calday Grange School	67 pts			
REGION B											
1	Central High School, N/castle	35 pts	St. John Fisher R.C. School	21 pts	Allertonshire	42 pts	Ermysted's G.S.	14 pts			
2	St. Aidan's, Harrogate	42 pts	Dame Allen's School	61 pts	Park View Com. Coll.	49 pts	Northallerton College	39 pts			
3	St. John Fisher R.C. School	66 pts	Central High School N/castle	62 pts	St. John Fishers R.C. School	66 pts	Nunthorpe School	58 pts			
REGION C											
1	Bromsgrove Prep	35 pts	Cheltenham Ladies College	21 pts	Helsby High School	29 pts	Helsby High School	45 pts			
2	Myton School, Warwick	60 pts	Hartshill School	24 pts	Hartshill School	67 pts	Kings Norton Boys School	50 pts			
3	Thomas Telford School	62 pts	Helsby High School	58 pts	Adams G.S.	82 pts	Marling School	58 pts			
REGION D											
1	Oakham School	29 pts	Longcroft School	30 pts	Wolfreton School	11 pts	Wolfreton School	27 pts			
2	Loughborough H.S.	34 pts	Oakham School	34 pts	Shepshed H.S.	44 pts	Leeds G.S.	47 pts			
3	The Minster School	76 pts	Wolfreton School	47 pts	Leeds G.S.	50 pts	Wilsthorpe Bus & Ent Coll	48 pts			
REGION E											
1	Aylesbury H.S.	45 pts	King Edward VI School	28 pts	Lincroft Middle School	22 pts	Northampton School for Boys	15 pts			
2	Lincroft Middle School	48 pts	Tudor Hall School	44 pts	Northampton School for Boys	36 pts	Sharnbrook Upper School	36 pts			
3	Wymondham College	65 pts	Sharnbrook Upper School	56 pts	Harrold Priory Middle School	68 pts	Royal G.S. High Wycombe	51 pts			
REGION F											
1	Penair	34 pts	Millfield School	40 pts	Bishop Wordsworth School	47 pts	Newquay Tretherras School	42 pts			
2	Millfield Prep. School	69 pts	Penair School	47 pts	Millfield Prep. School	54 pts	The Windsor Boys School	50 pts			
3	Queen's College	70 pts	South Wiltshire Girls	50 pts	Poole G.S.	73 pts	Penair School	58 pts			
REGION G											
1	Beaumont School	32 pts	Cooper's Co & Coborn	16 pts	The Eastwood School	31 pts	Southend H.S. for Boys'	24 pts			
2	Southend School for Girls	35 pts	Lady Eleanor Holles	68 pts	Fitzwimarc School	32 pts	Westcliff H.S. for Boys'	52 pts			
3	Fitzwimarc School	48 pts	Abbotts Hill School	78 pts	Southend H.S. for Boys	44 pts	Fitzwimarc	70 pts			
REGION H											
1	Guildford High School	24 pts	Tonbridge G.S.	30 pts	Beths Grammar School	41 pts	The Winston Churchill	18 pts			
2	Danes Hill School	33 pts	Tiffin Girls School	58 pts	The Judd School	51 pts	The Judd School	44 pts			
3	Priors Field School	61 pts	James Allen Girls School	59 pts	Robert Mays School	55 pts	Toynbee School	56 pts			

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

St. Columba's College, St. Albans

Saturday, 6th December, 2007

JUNIOR GIRLS		INTER GIRLS		JUNIOR BOYS		INTER BOYS		
1	Guildford High	81 pts	St. John Fisher	72 pts	Lincroft Middle	57 pts	Southend Boys H.S.	54 pts
2	Oakham	104 pts	Tonbridge Grammar	91 pts	West Hill	108 pts	Ermysteds	76 pts
3	Beaumont	128 pts	Cooper's Coborn	100 pts	Millfield Prep	115 pts	Northampton Boys	79 pts
4	St. Julie's	132 pts	Upton Hall	109 pts	The Eastwood	118 pts	Winston Churchill	82 pts
5	Bromsgrove Prep	140 pts	QEGS	125 pts	Northampton Boys	123 pts	Calday Grange	104 pts
6	Bluecoat	142 pts	James Allen Girls	140 pts	St. Anselm's	130 pts	The Judd	144 pts
7	Lincroft Middle	147 pts	Penair	162 pts	Fitzwimarc	153 pts	Fitzwimarc	178 pts
8	Danes Hill	162 pts	Millfield	164 pts	Bishop Wordsworth	161 pts	Westcliff Boys H.S.	180 pts
9	Penair	163 pts	South Wilts Grammar	187 pts	Southend Boys	166 pts	Sharnbrook Upper	186 pts
10	Aylesbury High	182 pts	Dame Allan's	193 pts	Wolfreton	190 pts	St. Anselms	192 pts
11	Millfield Prep	188 pts	Central High	194 pts	Robert Mays School	220 pts	Wolfreton	209 pts
12	Loughborough High	199 pts	Tudor Hall	207 pts	Allertonshire	229 pts	Kirkbie Kendal	214 pts
13	Wymondham Coll	201 pts	Sharnbrook Upper	217 pts	Beths Grammar School	230 pts	Northallerton	237 pts
14	Southend Girls	231 pts	Lady Eleanor Holles	221 pts	Harrold Priory	238 pts	Penair	240 pts
15	Fitzwimarc	245 pts	Cheltenham Ladies	238 pts	Helsby High	239 pts	Nunthorpe	243 pts
16	St. Hilda's	253 pts	King Edward VI	241 pts	St. John Fisher	245 pts	Leeds Grammar	270 pts
17	Queens, Taunton	256 pts	Tiffin Girls	241 pts	Chetwynde	248 pts	Wilsthorpe College	276 pts
18	St. John Fisher	265 pts	Canon Slade	249 pts	The Judd School	251 pts	The Windsor Boys	295 pts
19	St. Aidan's	266 pts	Oakham	264 pts	Poole Grammar	281 pts	Kings Norton	320 pts
20	Myton	272 pts	Longcroft	270 pts	Hartshill	301 pts	Helsby High	369 pts
21	Thomas Telford	299 pts	Hartshill	291 pts	Leeds Grammar	348 pts	Toynbee	378 pts
22	Central High	300 pts	Wolfreton	337 pts	Adams Grammar	350 pts	Newquay Tretherras	458 pts
23	Priors Field	307 pts	Helsby High	367 pts	Park View	360 pts		
24	The Minster	331 pts	Abbot's Hill	375 pts	Shepshed High	363 pts		

DID YOUR SCHOOL ENJOY THE 2007 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, 2008.**

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

(As in E.S.A.A. 2008 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.