

English Schools' Athletic Association Cross Country Cup 2009

Online entry only

Closing date for entry 10th June, 2009
Teachers in charge of athletics **ACT NOW**



ESAA



English Schools' Athletic Association
Founded 1925

ESAA ENGLISH SCHOOLS' CROSS COUNTRY CUP COMPETITION 2009



Chairman:
Mr. G. Wickens

Treasurer:
Mr. L. E. Alcock

Secretary:
Mr. D. Littlewood

Use the 'contact us' option on the website to ask for the security code for your school

March, 2009

Dear Colleague,

We extend to you a warm invitation to enter teams from your school in the 2009 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 2009 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. Make a note of your password.

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 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 details are shown when you complete your entry online.

Please enter your *school name and 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 Cross Country 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 **2009** 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 Preliminary Round 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. Numbers for the Regional Final can be printed from the website as for Round One.

Details of the Final at Newquay Tretherras School, Cornwall 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 12th 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 order to be able to proof read the programme entries).

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, 10th JUNE, 2009. 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

Wednesday, 10th June, 2009

Second week in September.

Monday, 5th October to

Saturday, 10th October

Saturday, 14th November

Saturday, 5th 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 – Newquay Tretherras School, Cornwall

We very much look forward to receiving your entries for the 2009 Competition.

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

REGIONAL ROUND MATCH RESULTS

Held on Saturday, 8th November, 2008

JUNIOR GIRLS			INTER GIRLS			JUNIOR BOYS			INTER BOYS		
REGION A											
1	Altrincham Grammar for Girls	31 pts	St. Julie's Catholic H.S.	31 pts	St. Anselm's School	29 pts	Calday Grange Grammar	23 pts			
2	Westholme School	43 pts	Westholme School	50 pts	Crompton House C of E	56 pts	Lancaster Royal Grammar	43 pts			
3	The Nelson Thomlinson	56 pts	Sedbergh School	52 pts	West Hill School	67 pts	St. Anselm's College	62 pts			
REGION B											
1	Central High School, N/castle	39 pts	St. John Fisher R.C. H.S.	31 pts	St. John Fishers R.C. School	62 pts	Royal Grammar School	45 pts			
2	Durham Johnston Comp	61 pts	Central H.S. Newcastle	46 pts	Ermysted's Grammar School	66 pts	Emmanuel College	53 pts			
3	Giggleswick School	79 pts	Dame Allen's Girls'	61 pts	Whickham School	71 pts	Park View Community	68 pts			
REGION C											
1	Helsby High School	19 pts	Malvern College	35 pts	Helsby High School	28 pts	Helsby High School	29 pts			
2	Bromsgrove Preparatory	33 pts	Bridgewater High School	47 pts	Laurence Sheriff School	30 pts	Chase Terrace Tec. College	45 pts			
3	Shrewsbury High School	64 pts	Bromsgrove Preparatory	53 pts	Marling School	42 pts	King's Norton Boys'	47 pts			
REGION D											
1	Loughborough H.S	23 pts	Oakham School	23 pts	Wolfreton School	24 pts	Shelley College	48 pts			
2	Ilkley Grammer School	50 pts	Loughborough High School	52 pts	Leeds Grammar School	32 pts	Highfields School	65 pts			
3	Bourne Grammar School	70 pts	Leeds Grammar School	82 pts	Lutterworth High School	65 pts	Loughborough Grammar	66 pts			
REGION E											
1	Dr. Challoner's High School	30 pts	Sharnbrook Upper & Comm	39 pts	Lincroft Middle School	20 pts	Northampton School for Boys	30 pts			
2	Robert Bloomfield Middle	36 pts	Headington School	41 pts	Robert Bloomfield Middle	45 pts	John Colet School	35 pts			
3	Aylesbury High School	44 pts	King Edward VI	46 pts	Dr. Challoner's Grammar	52 pts	Sharnbrook Upper & Com Coll	38 pts			
REGION F											
1	The Sir John Colfox School	51 pts	Penair School Science Coll	26 pts	Bishop Wordsworth Grammar	37 pts	The Piggott School	47 pts			
2	Penair School Science Coll	57 pts	St. Antony's-Leweston	40 pts	Millfield Prep. School	53 pts	The Windsor Boys' School	76 pts			
3	Newquay Tretherras	62 pts	Sth. Wiltshire G.S. for Girls	43 pts	Penair School Science Coll	64 pts	Queen's College	76 pts			
REGION G											
1	The FitzWimarc School	49 pts	North London Collegiate	49 pts	The FitzWimarc School	40 pts	Southend H.S. for Boys'	18 pts			
2	Southend School for Girls	49 pts	Southend H.S. for Girls'	52 pts	The Eastwood School	44 pts	The Eastwood School	51 pts			
3	Dame Alice Owen's	65 pts	Beaumont School	56 pts	The Bishop Stortford H.S.	51 pts	The FitzWimarc School	65 pts			
REGION H											
1	James Allen's Girls'	21 pts	Guildford H.S. for Girls'	32 pts	The Judd School	45 pts	The Judd School'	27 pts			
2	Highfield School	35 pts	Prior's Field School	52 pts	Trinity School	61 pts	Oxted School	56 pts			
3	Danes Hill	71 pts	Robert May's School	62 pts	St. Mary's College	71 pts	Wilson's School	71 pts			

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

Shepshed High School, Leicestershire

Saturday, 6th December, 2008

JUNIOR GIRLS			INTER GIRLS			JUNIOR BOYS			INTER BOYS		
1	Dr. Challoner's High School	69 pts	St. Antony's-Leweston	105 pts	St. Anselms College	76 pts	Southend H.S. for Boys	31 pts			
2	James Allen's Girls' School	80 pts	Guildford H.S. for Girls'	119 pts	The Eastwood School	85 pts	Calday Grange Grammar	48 pts			
3	Highfield School	113 pts	Penair Sch. Science Coll	126 pts	The Bishop' Stortford H.S.	94 pts	St. Anselm's College	109 pts			
4	Robert Bloomfield Middle	114 pts	South Wilts. G.S. for Girls'	128 pts	The FitzWimarc School	115 pts	The Judd School	115 pts			
5	Aylesbury High School	141 pts	St. Julie's Catholic H.S.	142 pts	Bishop Wordworth's G.S.	149 pts	The Eastwood School	141 pts			
6	The Sir John Colfox School	160 pts	Beaumont School	144 pts	Wolfreton School	152 pts	The FitzWimarc School	156 pts			
7	Durham Johnston Comp	173 pts	St. John Fisher Catholic H.S.	149 pts	Robert Bloomfield Middle	153 pts	Lancaster Royal Grammar	158 pts			
8	Altrincham G.S. for Girls'	176 pts	Oakham School	159 pts	Grammar School at Leeds	167 pts	Royal Grammar School	160 pts			
9	Newquay Tretherras School	179 pts	Southend H.S. for Girls'	164 pts	Lincroft Middle School	167 pts	Sharnbrook Upper & Com Coll	172 pts			
10	The Nelson Thomlinson	186 pts	Malvern College	178 pts	Helsby High School	173 pts	Northampton School for Boys'	177 pts			
11	Helsby High School	191 pts	Central Newcastle H.S.	198 pts	Millfield Preparatory	180 pts	Helsby High School	208 pts			
12	Bromsgrove Preparatory	205 pts	Grammar School at Leeds	204 pts	Lawrence Sheriff School	183 pts	Emmanuel College	230 pts			
13	Southend H.S. for Girls'	208 pts	King Edward VI Upper	218 pts	The Judd School	219 pts	The Piggott School	236 pts			
14	Dame Alice Owen's School	224 pts	Sharnbrook Upper Com Coll	225 pts	Dr. Challoner's G.S.	253 pts	Oxted School	239 pts			
15	Penair Sch. Science Coll	228 pts	Bromsgrove Preparatory	228 pts	Whickham School	261 pts	Wilson's School	253 pts			
16	Loughborough High School	232 pts	Westholme School	230 pts	Lutterworth High School	263 pts	Park View Community	267 pts			
17	Danes Hill	236 pts	The North London Collegiate	244 pts	Trinity School	263 pts	Shelley College	271 pts			
18	The FitzWimarc School	236 pts	Robert May's School	246 pts	St. John Fisher Catholic High	263 pts	The Windsor Boys' School	288 pts			
19	Central Newcastle H.S.	243 pts	Dame Allan's Girls' School	270 pts	Penair School Science Coll	277 pts	King's Norton Boys'	311 pts			
20	Ilkley Grammar School	271 pts	Bridgewater High School	273 pts	Ermysted's Grammar School	305 pts	Queen's College	320 pts			
21	Shrewsbury High School	303 pts	Prior's Field School	273 pts	West Hill School	310 pts	Loughborough Grammar	323 pts			
22	Westholme School	351 pts	Headington School	278 pts	Crompton House C of E	321 pts	Chase Terrace Tech. Coll.	344 pts			
23	Giggleswick School	387 pts	Loughborough High School	300 pts	St. Mary's College	325 pts	Highfields School	368 pts			
24	Lutterworth High School	444 pts	Sedburgh School	305 pts	Marling School	383 pts	John Colet School	419 pts			

DID YOUR SCHOOL ENJOY THE 2008 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 10th JUNE, 2009.**

ESAA ENGLISH SCHOOLS' CROSS COUNTRY SCHOOLS' CUP COMPETITION RULES

(As in E.S.A.A. 2009 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.

ESAA English Schools' Award Scheme

supported by NASUWT



- Have you tried it yet? **IF NOT - WHY NOT**
- Attractive badges and certificates
- Very easy to administer
- Local Badge Agents in your county
- **GIVE IT A GO - YOUR PUPILS WILL ENJOY IT**

This scheme is designed to cater for all pupils from the age of 8 to 16 years, including indoor activities.

Details sent direct to schools in March

AWARD SCHEME CO-ORDINATOR

MISS D. BEST,
'TAMAR', CHURCH CHARE, WHICKHAM
NEWCASTLE UPON TYNE NE16 4SH
TEL/FAX: (0191) 488 1848

ENGLISH SCHOOLS' ATHLETIC ASSOCIATION

ESAA ENGLISH SCHOOLS' TRACK AND FIELD CUP COMPETITIONS 2010

**LOOK OUT FOR
THE INFORMATION BOOKLET
SENT DIRECT TO SCHOOLS
BEFORE THE END OF
DECEMBER 2009**

ENTRIES CLOSE 28th FEBRUARY, 2010

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