

Middle Distance Group News Letter - August 08

Last Month of the Track Season

At the moment many of you are training up for the inter-insular weekend on 6th / 7th September, just weeks away now so please keep up the good work and enjoy the final weeks of the track season. If you're not competing in Guernsey, please just keep coming along to training anyway to keep fit and enjoy meeting up with friends over your summer holidays!

The last actual training night of the track season will be Thursday 4th September. We will then have our usual break after the inter-insular and restart end of Sept / 1st week October – I'll confirm when I know the date for sure.

End of track season Games / Beach BBQ Evening

This year we've decided to mark the end of the track season in style. As mentioned a few times already, I thought (well actually it was Danielle and her mum Michelle's great idea really ...) that we should have a social event to mark the end of the track season. So the all important date, time and place is

Thursday 11th September, Green Island, 5:45 p.m to 8:00 p.m.

This will be a fun night – we'll have some beach games, probably some drills in the sea like last year! & finish up with a BBQ. Nothing too fancy, but I'd like £3 from everyone that wants to go to cover costs. Make sure to bring a towel and change of clothes as you are likely to get very wet!!

NOTE WE MEET AT 5:45 P.M AT GREEN ISLAND CARPARK NOT AT FB FIELDS – NO TRAINING AT FB THAT NIGHT
AS LAST SESSION OF TRACK SEASON IS 4th SEPTEMBER

Please complete the slip below and return to me asap with your £3 if you'd like to go.

Cross Country Season Plans

We had tremendous success last year which I want to build on. The local cross country series attracted the largest numbers for years with 70+ attending some races, also 18 attended the Hampshire Cross Country Championships in Southampton with 6 of you gaining selection to represent Hampshire at the inter-counties in Nottingham. Also a similar number attended the equally highly competitive English Schools cross country in Liverpool with some excellent results.

I'd like to make our up and coming 2008/09 cross country season the best yet, so with this in mind in addition to everything we did last season the plan is to also arrange trips to the South of England Cross Country Championships and the National Championships. Races for the season will include....

Advisa Junior Cross Country Series

Open to ages U9, U11, U13 & U15 as usual. These runs are good fun and a good training basis for the winter season. First race will be Les Mielle De Morville, St Ouen - Saturday 27th September – register from 12:45. Total of 7 races in the series with races held from September to April- series dates will be published once confirmed.

JSAC Cross Country Series

Juniors from U13 upwards are also very welcome to go along to the usual G Le M races that form the series for seniors. Juniors will run a shorter course. These races are generally a bit tougher than the junior series but great preparation for the UK based events

UK Races

Our main trip to England, as always, will be the Hampshire Cross Country championships. However I am also hoping that there will be sufficient enthusiasm from you for us to send teams to the SEAA Championships and the National Championships. The SEAA XC champs would be a new experience, though a few years ago a group of us went to the National XC held in London and it was quite a day!

Please note that you will be expected to attend the majority of training sessions for a travel subsidy to be available to you for these races.

Sat Jan 10 th	Hampshire Cross Country Championships	Dibden, Southampton – to be confirmed
Sat Jan 24 th	South of England Cross Country Championships	Hillingdon, Uxbridge
Sat Feb 21 st	National Cross Country Championships	Parliament Hill Fields, London

You will be invited to race at these events if you make the Hampshire county team standard, so lots of dedication and hard work is needed in training to make it.

Sat Mar 7 th	Inter-counties championships	Nottingham
Sat Mar 21 st	English Schools Cross Country Championships	To Be Confirmed

As the dates approach I'll hand out more details about these events. I will be trying to arrange things as far in advance as possible though, so that we can keep costs to a minimum, so if you already think you are interested in some of the above please let me know.

Last, but not least of course there will also be the **Inter-Insular Cross Country** early next year as well, we go to Guernsey this time, so hopefully we'll be keeping all the trophies we won this time around!

RESPONSE SLIP Games & Beach BBQ Evening

I would like to attend the BBQ at Green Island on Thursday 11th Sept , enclosed is £3 to cover costs

Name:

e-mail:

(If we are unlucky with the weather then we will meet up anyway but probably not BBQ)

Please either complete this slip and pass to me on a club night OR just e-mail me to say you want to go and pay on the night.

thanks, Paul Tel: 857987 e-mail: paul.raimbault@jerseymail.co.uk