

Mendip Junior Schools Cross Country League 2009/10

Dear Colleague,

Please find enclosed information about this year's Mendip Junior Cross Country League. The league continues to go from strength to strength. Last year we had 22 schools and a total of 537 children taking part during the season and an average of 360 children per fixture! I am sure that this year will see an even greater turn-out.

The league continues to be supported by Wyke Farms and Mendip Athletics Club, who are passionate about providing Cross Country and Athletics to our juniors. Included with this letter are a few flyers for our current activities and we would be grateful if you could make your children aware of what is on offer, perhaps by pinning them to your notice board or mentioning it in assembly to help promote healthy schools. The club is actively recruiting for the winter season. Priority will be given to children willing to commit to competing for the club.

Please note a change of venue for our first fixture on **October 6th**. This will now be at **Wells Blue School**. Because of the timings there will be **no parking at the school** and you should direct your parents to park in the car park on WHITING WAY. There should also be plenty of parking within easy walking distance along Ash Lane. Please ensure you arrive on time to collect your numbers prior to **4.00pm start**.

We are also planning to hold races for Year 7 children for the first 2 fixtures, so if you still have contact with last year's year six children you might like to suggest that they ask their new school about taking part.

Please confirm your intention to participate in this year's league by filling in the enclosed Registration and Team Declaration Sheets and sending them, **together with your payment**, to arrive no later than Tuesday 29th September. If you are able to send your team declaration electronically a pro-former will be posted onto the league web-site at www.MendipJuniorAthletics.org.uk. Note: **pins will not be provided**. Please also note the following:

- Please destroy any old numbers that you have.
- Numbers must be worn only by the children named on your declaration – no substitutions will be allowed.
- Children must keep the same number throughout the league. You may find it helpful to write each child's name on the front of their number and allocate a helper to collect numbers (and pins!) after each race.
- Only the first 10 children registered may score for your team. If you have any extras they may be allowed to run as non-scoring runners if numbers allow. You **must** inform the organisers beforehand. Extra numbers will be provided for these runners. A small charge of £1 per extra number will be made.
- Lost numbers – see the results manager. Please do not make your own – They are coded to ensure every child competes in the appropriate race and also carry our sponsors logo.
- Race numbers must be pinned to the **front** of the children's T-shirts. They should be fixed at each corner so that they are always visible. Please note that they are **weather** and **tear-proof** so that they should last the whole season.
- School colours should be worn – spiked shoes are allowed but not essential.
- Two inter-area matches have been organised this year – Against North Somerset, Bristol & South Gloucester in November, and against Taunton, Minehead, Sedgemoor, Langport and Yeovil following the end of the season. As last year there will be races for both the Lower school and Upper school.
- Results will be posted on the league website, at www.MendipJuniorAthletics.org.uk, generally within two days of each fixture and will (hopefully) appear in the following weeks Mid Somerset Journal.

May we wish you and your children every success in the League, and we look forward to seeing you all on October 7th at Wells. If you have any need to contact me, Ian can be reached at (01749) 675100 / 0798 5160526 during the evening or in an emergency only please on (01749) 682295 during the day. Please note I will not be available on the daytime number during the period 21st September – 3rd October.

Yours in sport,

Ian Humphreys, Mendip Junior Schools Cross Country League Organisers.

Mendip Junior Schools Cross Country League 2009/10

- **First three to score from each team.**
- **Best four race positions out of 5 (individual and team) decide awards.**
- **Prizes/trophies to overall league winners.**
- **Trophies for best overall “Small School” and “Large School”.**
- **Four race categories:**
 - Lower school girls (years 3&4)
 - Lower school boys (years 3&4)
 - Upper school girls (years 5&6)
 - Upper school boys (years 5&6)
- **Cross Country Fixture Dates:**
 - Tuesday 6th October 2009 - Wells Blue School
 - Tuesday 10th November 2009 - Collett Park, Shepton Mallet
 - Tuesday 2nd February 2010 - Millfield Prep School, Glastonbury (TBC)
 - Tuesday 2nd March 2010 - Oakhill
 - Tuesday 23rd March 2010 - Tor Leisure, Glastonbury

 - Sunday 22nd November 2009 - Inter-Area Match v Bristol & N Somerset, Clifton Down
 - Tuesday 30th March 2010 - Inter-Area Match - venue TBC
- **Other Fixture Dates:**
 - Monday 19th October 2009 - Sportshall Cup (Wells Blue School)
 - Wednesday 21st October 2009 - Sportshall Cup (St Dunstans)
 - Tuesday 17th November 2009 (TBC) - Sportshall Cup (Whitstone)
 - Wednesday 25th November 2009 - Sportshall Cup Final (St Dunstans)
 - Friday 22nd January 2010 - County Sportshall Finals (Strode College)
 - Thursday 6th July 2010 - Mini-Olympics (Millfield Track)
 - Wednesday 14th July 2010 - Inter-Area Mini-Olympics (Millfield Track)

Please note that information about the Sportshall Cup will be distributed via the PLT network.

- **League web-site:** www.MendipJuniorAthletics.org.uk

TEAM DECLARATION FORM – 2009/10
Mendip Junior Schools Cross Country League

SCHOOL: _____

Please Supply Names In Full (Firstname, Surname) IN CAPITALS

LOWER SCHOOL GIRLS (Yr 3 & 4) (maximum 10 children)			LOWER SCHOOL BOYS (Yr 3 & 4) (maximum 10 children)		
Office Use Only	Name of Participant (BLOCK CAPS)	Year Group	Office Use Only	Name of Participant (BLOCK CAPS)	Year Group

UPPER SCHOOL GIRLS (Yr 5 & 6) (maximum 10 children)			UPPER SCHOOL BOYS (Yr 5 & 6) (maximum 10 children)		
Office Use Only	Name of Participant (BLOCK CAPS)	Year Group	Office Use Only	Name of Participant (BLOCK CAPS)	Year Group

Please return via E-Mail by **FRIDAY 3rd OCTOBER**, or via Post by **TUESDAY 29TH SEPTEMBER**. Entries not received by this date cannot be guaranteed entry into the competition.

SIGNED: _____ **DATE:** _____

Return To: Ian Humphreys, 6 Nettle Combe View, South Horrington Village, Wells BA5 3QF or FAX: 01749 675100.
Please copy sheet for additional runners. A £1 charge will be made for each additional runner.

An electronic version of this form will be available on the web at www.MendipJuniorAthletics.org.uk and may be submitted via e-mail to: Ian.Humphreys@freeuk.com.

REGISTRATION FORM
Mendip Junior Schools Cross Country League

Please accept our entry for the Mendip Junior Schools Cross Country League 2009/10:

UK: Athletics Permit Applied For

SCHOOL: _____

No on ROLL: _____

CONTACT NAME: _____

ADDRESS: _____

POST CODE: _____

SCHOOL TEL NO: _____ **FAX NO:** _____

E-MAIL: _____

Photography Policy

Photographs may be taken by a league appointed photographer at all Mendip Junior Athletic events. Such photographs remain the property of the league organisers and may be used for publicity or promotional purposes, both in the local press and on the league web-site. No child will be identified by name without the organisers seeking prior permission from those concerned. All parents/carers who would wish images of their child not to be used must notify the organisers in writing in advance. A video camera may be used to make an official record the finish of the races.

While it is not possible to prevent the general public from taking photographs at such events all photographers should be registered with the organisers prior to the start of each meeting. Unregistered photographers should be requested to refrain from taking photographs. Official photos will be made available for sale for a small fee via the league web-site. All such photographs will be supplied to the appropriate school for collection by the parent/carer.

Data Protection Policy

School contact details and names of Children will be held on a computer system for the purposes of the preparation of results and to allow further correspondence with the school.

DECLARATION: I declare that all athletes entered are amateurs as defined by the UKA rules and that I will abide by the laws and rules of the League. I understand that the League Organisers and any club, person or body involved in the organisation of the events will not be held liable for any injury, illness or loss, however occasioned, resulting from the events and no child will participate unless fit to do so. I have read and agree to the League's Photography Policy and Data Protection Policy. I accept the decision of the league organisers in any matters relating to the league and events as final. I enclose a cheque for £25, plus £1 per additional runner, payable to **MENDIP ATHLETICS CLUB**.

SIGNED: _____

DATE: _____

Please return by **TUESDAY 29TH SEPTEMBER**. Entries not received by this date cannot be guaranteed entry into the competition.

Return To: Ian Humphreys, Mendip Junior Athletics Organiser, 6 Nettle Combe View, South Horrington Village, Wells BA5 3QF or FAX: 01749 675100.



MENDIP ATHLETICS CLUB

WINTER TRAINING

Mendip AC is rapidly becoming the South West's leading Junior Athletic Club. Since forming five years ago the club has expanded to over 150 regular members and now has over 15 UKA qualified coaches taking sessions on a regular basis. This summer we won Division 2 of the South West Athletes League. Mendip AC are also the only club in the Mendip area to have been awarded ClubMark status – this is the “Gold Standard” for sports clubs catering for juniors.

This winter we will become the only club in the area with organised club training at FOUR different venues, and on FIVE days each week. The sessions suitable for children of primary school age (from age 8) are as follows:

ENDURANCE RUNNING TRAINING

These sessions are designed for year all children interested in cross-country / distance running. Meet at the Kenyon Road entrance to **Wells Blue School** for a **MONDAY 6.00pm** start. Sessions should last until around **7.00pm**. Training for club members costs £1.50 per session, £2 for non-members.

SPORTSHALL ATHLETICS

This year Sportshall takes place on **THURSDAY** evenings, from **5.30pm – 6.30pm, at Wells Blue School**. Cost for this session is £1.50 per session, £2 per session for non-members. Numbers will be limited so please register early. The sessions are being run by Robin Callender and Denise Hoogesteger.

OUTDOOR ATHLETICS

Mendip Athletics Club have use of Millfield's Floodlit Track on **THURSDAY** evenings, **from 5.45pm – 7.00pm**. A full range of activities will be on offer throughout the winter. Training for club members costs £1.50 per session, £2 for non-members.

CROSS COUNTRY

This winter Mendip Athletics Club are expanding on last year's popular junior cross country sessions, with **SATURDAY** sessions in **Wells** (meet Ian Humphreys and Mike Kelly at **Tor Woods, 10.00am – 11.00am**) for all ages from 8 years upwards. Cross Country Training for non club members costs £1 per session.

The weekend sessions will occasionally be replaced by races. Mendip AC will be running teams in the Wessex XC League, which has races for U11s and U13s. Please contact Ian Humphreys for further details.

Club membership costs from £5 for under 11's, and yearly inclusive training fees are around £6 per month when paid by standing order.

For further information on Mendip AC or Sportshall Athletics please contact Graham Norris, on (01749) 689141 or Ian Humphreys, on (01749) 675100 / 0798 5160525 or visit our club web-site at www.MendipAC.org.uk.