

# DURHAM COUNTY SCHOOLS' ATHLETIC ASSOCIATION

## E.S.A.A. NATIONAL CROSS-COUNTRY CHAMPIONSHIPS

Mr S Hannaford  
Carmel RC College  
The Headlands  
Darlington  
County Durham  
DL3 8RW

Mobile No: 07960-492671  
Work Tel No: 01325-254525

Dear Athlete

By, virtue of your performances at the County and Inter-County Cross Country Championships, you have been selected to represent Durham County at the ESAA National Championships to be held on **Saturday 17<sup>th</sup> March 2018 at Temple Newsam, Leeds**. You will be required to travel on Saturday 17<sup>th</sup> March and travel with the team, compete on Saturday afternoon and return home Saturday evening.

The coach company that we will be using is **Travelsure**. The pick-up points and times are as follows:-

Washington Motorway Services (south side) coach park	8.30 am
Durham Services (Bowburn)	8.45 am
Scotch Corner Services	9.00 am

Please complete the attached form and return it to me at the above address no later than **Wednesday 07 March 2018**. Failure to do this will mean that your place will immediately be given to the waiting reserve.

We are sorry but due to entry fees and transport costs, you are asked to contribute £15.00 towards expenses. Cheques (made payable to 'DCSAA') and the payment slip enclosed should be sent to Mr. S. Hannaford at Carmel College, The Headlands, Darlington, Co Durham DL3 8RW. To arrive no later than **Wednesday 07 March 2018. (If payment is not received on/by this date then you will not be eligible to compete in the competition).**

Please take this letter to your school as they often have a fund which can be accessed for things like county representation. Please ask your Head teacher or the Head of the PE department for financial assistance. **Most schools do pay for their pupils who are competing, so do ask.**

### **KIT**

County kit will be issued on Wednesday 14<sup>th</sup> March 2018 (between 5pm – 6.30pm) at Durham Rugby Club (Hollow Drift/Green La, Durham DH1 3JU).

Please indicate your sizes for vest and shorts on the attached form.

Durham County kit will be worn on the day, and only a plain white vest / T-shirt can be worn under the running vest and no Lycra shorts allowed. County sweatshirts should be worn on the day.

Please bring your own safety pins (8), and spike key....plus inhaler/medication if applicable.

**ALL KIT MUST BE RETURNED and YOU** are personally responsible. You will be invoiced for kit not returned.

This year there will be no packed lunches provided so you need to bring a packed lunch for Saturday and/or money for refreshments that will be available on the day.

The first race is at **12:30pm**, but we hope to be on site between 10:00 -11:00 for preparation. Each age group has a Team Manager who will give athletes instructions for the day – **these instructions must be followed.**

**YOU CAN FIND FURTHER INFORMATION ABOUT THE CHAMPIONSHIPS FROM THE ENGLISH SCHOOLS WEBSITE – [www.esaa.net](http://www.esaa.net) IT WOULD BE USEFUL IF YOU READ THIS.**

Athletes may return home with parents if they wish, but athletes must inform their Team Manager before leaving the event. Failure to do so will jeopardise future selection for the County.

For those athletes returning on the coach the estimated return time is 6pm – athletes will ring home on the way back to give an accurate time at each pick-up point. Road conditions are hard to estimate and so approximate times are difficult to provide.

### **ILLNESS OR INJURY**

If you find that you are unable to run, please let me know immediately so that a reserve can be brought in; it is essential to inform reserves as soon as possible.

### **BEHAVIOUR**

The County has a good reputation and we expect you to live up to this. Any verbal abuse or disobedience shows a lack of responsibility **and this may result in an athlete not being allowed to run or even sent home and will jeopardise future selection.**

Please can I also inform you that county teams are under the control and direction of the appointed Team Managers and as such **MUST** comply with all instructions given!

### **PHOTOGRAPHS – Please read carefully.**

Photographs of ESAA events are published in the athletics press, local media and on the ESAA website. All ESAA photographs are taken in accordance with the guidelines relating to photos in schools in accordance with the Data Protection Act 1998.

Photographs and videos taken by the public cannot be published in any form without written permission from the ESAA. Photographers at the event must be officially registered. A list of officially accredited photographers will be published on the ESAA website before the event along with their contact details.

It is not possible to prevent photographs of any particular individual appearing in the media. If this is a problem for you, you are advised not to take part in the event (**IF THIS IS THE CASE, PLEASE INFORM ME IMMEDIATELY OF YOUR INTENTION**).

If any parent wishes a particular picture of their child appearing on the ESAA website to be removed, please contact them directly and they will do their best to resolve any problem.

### **INTERNATIONAL TEAM SELECTION**

The athletes invited to represent English Schools' AA in the Home International on 24th March in Nottingham will be selected from the Junior and Intermediate age groups. The first 8 athletes are selected for the international team. Positions 9 and 10 are reserves – they do not travel to the event

## **TEAM MANAGERS**

Mr S. Hannaford (Carmel College)  
Mr A. Roberts(Farrington)  
Mr D. Wilkinson (Farrington)  
Mr C.Wilkinson (Carmel College)

Miss R. Eldrington (Longfield Academy)  
Mrs N.Smith (Wellfield School)  
Miss R. Gresswell (Biddick College)

In the past, Durham has been successful in winning trophies at the National Championships and it would be tremendous if we could repeat this experience. This means that you must be in peak condition and remain injury free; keep up the training. Please read everything carefully and prepare yourself both physically and mentally, in order to do justice, to yourself and the rest of the team.

**I enclose a form for you to return with your pickup-point clearly stated and medical declaration form for your parents/guardians to complete. Please return it by Wednesday 07 March 2018 to myself at the following address:**

Mr. S. Hannaford Carmel College, The Headlands, Darlington, Co Durham DL3 8RW.

School: 01325 254525 Mobile: 07960 492671

See you at the coach on Friday 17th March.



Simon Hannaford  
Team Manager

**DURHAM COUNTY SCHOOLS' ATHLETIC ASSOCIATION**  
**CROSS-COUNTRY**

**Form to be returned by Wednesday 7th March 2018 to Mr S Hannaford**

NAME OF ATHLETE..... Team: JB JG IB IG SB SG  
(circle)

DOB \_\_\_\_\_ I will be getting on the coach at .....

If athletes are intending to take a mobile phone with them to the event, could you please write the number below in case of an emergency on the day.

Mobile Phone Number .....

Vest Size (Inches): 32      34      36      38      40      42      44      46      48 (circle)

Shorts Size XS      S      M      L      XL      XXL      XXXL (circle)

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**DRUGS DECLARATION**

I hereby give my permission for my son / daughter to be randomly drug tested at the ESAA National Championships in Somerset, if required. Such testing will only take place with a County Team Manager in attendance. I acknowledge that this agreement is a prerequisite of entry to the Championship.

Signed..... parent/guardian      Date.....

**MEDICAL HISTORY**

*Is your child travelsick?* YES / NO

If Yes, what medication does he / she take .....

*Does your child suffer from asthma?* YES / NO

If Yes, what inhalers does he / she use .....

*Has your child been receiving medical treatment in the five weeks prior to the Championships?*  
YES / NO

If Yes, please give details of drugs / physio, etc. prescribed, and when last taken

..... (continue overleaf)

**FORM TO BE RETURNED BY Wednesday 07 March 2018 TO:**

Mr. S. Hannaford Carmel College, The Headlands, Darlington, Co Durham DL3 8RW.

Please take this form along with your selection letter to your school as they often have a fund which can be accessed for things like county representation. Please ask your Head teacher or the Head of the PE department for financial assistance. **Most schools do pay for their pupils who are competing, so do ask.**

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**CROSS-COUNTRY**

**PAYMENT SLIP**

**Form and cheque to be returned by Wednesday 07 March 2018;**

To Mr. S. Hannaford (Curriculum Leader for PE), Carmel College, The Headlands, Darlington, Co Durham. DL3 8RW.

Cheques should be made payable to 'DCSAA'

NAME OF ATHLETE: \_\_\_\_\_ SCHOOL: \_\_\_\_\_

Please find enclosed a cheque/payment to the value of £ \_\_\_\_\_ towards the cost of travel, accommodation and entry fees for the ESAA National Cross-Country Championships to be held on Saturday 17th March 2018 at Temple Newsam, Leeds.

Signed \_\_\_\_\_ Date: \_\_\_\_\_

Thank you.

The receipt below will be issued on the day of the Championships as acknowledgement of payment.

Date: \_\_\_\_\_

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ESAA National XC Championships  
**Saturday 17<sup>th</sup> March 2018 at the Temple Newsam, Leeds.**

Receipt for the sum of £ \_\_\_\_\_ from \_\_\_\_\_ for \_\_\_\_\_  
for payment towards Travel, accommodation and entry fee for the ESAA National XC Championships.

(Mrs. E. Hannaford – Durham County Schools' Treasurer)

**Please return this slip to your School if they have contributed towards the costs**