

# DURHAM COUNTY SCHOOLS' ATHLETIC ASSOCIATION

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

Mr S Hannaford  
Carmel 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 Inter-County Cross Country Championships, you have been selected to represent Durham County at the ESAA National Championships to be held on Saturday 14<sup>th</sup> March 2020 at Sefton Park, Liverpool. You will be required to travel to Liverpool with the team, on Friday 13<sup>th</sup> March and stay overnight, 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	3.00 pm
Durham Services (Bowburn)	3.20pm
Scotch Corner Services	3.40pm

Please complete the attached form and return it to me at the above address no later than Wednesday 04 March 2020. Failure to do this will mean that your place will immediately be given to the waiting reserve.

We will be staying at the 'Holiday Inn' Woolston Grange Ave, Warrington WA1 4PX

Telephone: 0333 320 9355

**The rooms are for 2 per room and the athletes will be required to share.**

Please note breakfast is the only meal included, so athletes will need a substantial packed lunch and/or money for food. We will stop at the services on the way down.

We are sorry but due to entry fees, accommodation and transport costs, you are asked to contribute £70.00 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 06 March 2019. (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 at the hotel. 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. County sweatshirts should be worn on the day.

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. 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 only after the athletes have returned their kit and informed 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 8pm (approx.) at Scotch Corner, 8.20 (approx.) at Durham Services and 8.40 (approx.) at Washington Services. – athletes will ring home on the way back to give a more 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' A.A. in the Home International on Saturday 21st March in Falkirk, Scotland will be selected from the JUNIOR and INTERMEDIATE age groups. There is an additional relay race in both the Junior and Intermediate age-group this year, therefore two additional runners will be selected from the Junior and Intermediate boys and girls races.

TEAM MANAGERS

Mr S. Hannaford (Carmel College)  
Mr N.Reed (Farringdon)  
Mr A. Roberts(Farringdon)  
Mr D. Wilkinson (Farringdon)  
Mr T. Craddock (Carmel)

Miss G. Brown (St Bedes, Peterlee)  
Miss R. Eldrington (Longfield Academy)  
Mrs N.Smith (Wellfield School)  
Miss J. Anderson (Bishop Barrington)  
Mrs H. Greaves

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 04 March 2020 to myself at the following address:

Mr. S. Hannaford 18 Cannobie Close, Darlington, Co Durham. DL3 8RU

School: 01325 254525 Mobile: 07960 492671

See you at the coach on Friday 13th March 2020.



Simon Hannaford  
Team Manager

DURHAM COUNTY SCHOOLS' ATHLETIC ASSOCIATION  
CROSS-COUNTRY

Form to be returned by Wednesday 4th March 2019 to Mr S Hannaford

NAME: \_\_\_\_\_ Team: JB JG IB IG SB SG \*(circle) School: \_\_\_\_\_

DOB: \_\_\_\_\_ I will be getting on the coach at \_\_\_\_\_ Services

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

Mobile Phone Number: \_\_\_\_\_ Contact email: \_\_\_\_\_

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: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone number: \_\_\_\_\_

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 04 March 2020 TO:  
Mr. S. Hannaford 18 Cannobie Close, Darlington, Co Durham. DL3 8RU

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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## PAYMENT SLIP

**Form and cheque to be returned by Wednesday 04 March 2020. (If paying by Bacs you must still return this form:**

To Mr. S. Hannaford, 18 Cannobie Close, Darlington, Co Durham. DL3 8RU.

Cheques: should be made payable to 'DCSAA' (Please write athletes name and school on the back).

Bacs: Bacs Details: Sort code - 30-19-54. A/C – 02310083 (Please write athletes name as reference).

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

Please find enclosed a cheque/payment / paid by bacs( ref: \_\_\_\_\_) to the value of £70.00 towards the cost of travel, accommodation and entry fees for the ESAA National Cross-Country Championships to be held on Saturday 14th March 2020 at Sefton Park, Liverpool.

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 14<sup>th</sup> March 2020 at the Sefton Park, Leeds.

Receipt for the sum of £70 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