

**GIAAC Winter Fixtures 2014/15 Colts Juniors and Novice/Fun runners (Part 2)**  
**U7/U9/U11/U13/U17/U13+**

<i>Date</i>		<i>Venue</i>	<i>Age Group</i>	<i>Time</i>	<i>Organiser</i>
<b>JANUARY</b>					
Saturday 3 <sup>rd</sup>	Hampshire Cross Country Championships	Fleming Park, Eastleigh	(if selected) U11 U13 U15 U17		Paul Ingrouille/Alan Rowe/Nick Marley
Sunday 4 <sup>th</sup>	<b>Randell and Loveridge</b> <i>race three</i> Graded (staggered) start	Bordeaux Headland	U7 U9 U11 13+	10:30am	Nick Marley
Saturday 10 <sup>th</sup>	<b>Carre Challenge race four</b>	Le Guet (meet at top car park)	U7 U9 U11 <b>U13+</b>	2:30pm	Nick Marley
Sunday 18 <sup>th</sup>	<b>FNB INT'L TRUSTEES LTD</b> Cross country League 5	KGV	U13 U15 U17 U7 U9 U11	10:00am 11:00am	Nick Marley/Paul Ingrouille
Saturday 24 <sup>th</sup>	<b>Digimap Colts race</b>	Meet at L'Ancrese Beach/dog walkers car-park	U7 U9 U11 13+	2:30pm	Nick Marley
Saturday 31 <sup>st</sup>	<b>Intertrust "choose your distance &amp; have a go"</b>	L'Ancrese Lodge	U7 U9 U11 <b>13+</b>	2.30pm	Nick Marley
<b>FEBRUARY</b>					
Saturday 7 <sup>th</sup>	<b>Digimap Colts and Juniors race</b>	Fort Le Marchant (L'Ancrese shooting range) car park	U7 U9 U11 U13 U15 U17 13+	2:30pm	Nick Marley
Monday 9 <sup>th</sup>	Intertrust Primary schools Race 3	Delancey Park	School years 3/4/5/6	4pm	Nick Marley/Alun Williams
Sunday 15 <sup>th</sup>	<b>Randell and Loveridge race four</b> Graded (staggered) start	L'Ancrese Lodge	U7 U9 U11 13+	10:30am	Nick Marley
Sunday 22 <sup>nd</sup>	<b>Digimap Juniors race</b> (no colts race this week-end)	Saumarez Park	U13 U15 U17	10:00am	Paul Ingrouille
Saturday 28 <sup>th</sup>	<b>Intertrust "choose your distance &amp; have a go"</b>	L'Ancrese Lodge	U7 U9 U11 <b>13+</b>	2.30pm	Nick Marley
<b>MARCH</b>					
Sunday 1 <sup>st</sup>	Adult / Junior Inter-Interinsular	Guernsey hosting venue TBC	U13 / U15 / U17 + various other	TBC	Alan Rowe Paul Ingrouille
Monday 2 <sup>nd</sup>	Intertrust Primary schools championship Individual and team event	Delancey Park	Open to Yr's 3,4,5,6	4pm	Nick Marley Alun Williams
Sunday 8 <sup>th</sup>	<b>Digimap Colts and Juniors race</b>	Port Soif	U7 U9 U11 U13 U13 U15 U17 13+	10:30am	Nick Marley
Sunday 15 <sup>th</sup>	<b>Randell and Loveridge</b> <i>Race five</i> Graded (staggered) start	Meet at L'Ancrese Beach/dog walkers car park	U7 U9 U11 13+	10:30am	Nick Marley
Saturday 21 <sup>st</sup>	Primary Schools inter-insular v Jersey Schools	Port Soif	4 teams of 6 athletes year five and six boys and girls	TBC	Nick Marley Sarah Toll Alun Williams
Sunday 22 <sup>nd</sup>	<b>Digimap Colts and Juniors race</b>	Saumarez Park	U7 U9 U11 U13 U15 U17 13+	10:30am 10:00am	Nick Marley Paul Ingrouille
Sunday 29 <sup>th</sup>	<b>Carre Challenge 5</b>	Jerbourg Steps	U7 U9 U11 13+	10:30am	Nick Marley

April	2015 KPMG Easter Festival 3 April - 6 April			
Friday 3 <sup>rd</sup>	<b>Port Soif Headland</b>	U7 / U9 / U11 U13 / U15 / U17	10:00am	Nick Marley
Saturday 4 <sup>th</sup>	<b>Lucksall Garage</b>	U7 / U9 / U11 U13 / U15 U17's to do adult (full course) race	10:30am 11:00am 11:00am	Nick Marley Paul Ingrouille
Sunday 5 <sup>th</sup>	<b>L'Ancrese Beach/dog walkers car park - RELAY</b>	U7 / U9 / U11  U13/U15/U17 to enter teams and race in adult event	9:45am  10:30am	Nick Marley Paul Ingrouille
Monday 6 <sup>th</sup>	<b>L'Ancrese Lodge</b>	U7 / U9 / U11 U13 / U15 / U17	9:00am	Nick Marley
<b>April</b>	<b>X/C Season Prize-Giving – to be arranged</b>			

#### Categories

**U7** Current School years R, 1 and 2

**U11** Current School years 5 and 6

**U15** Current School years 9 and 10

**U13+** Open category, see below

**U9** Current School years 3 and 4

**U13** Current School years 7 and 8

**U17** Current School years 11 and 12

#### Scoring

You will see that there are a variety of X/C race series. Various trophies are awarded for each series.

It is accepted/expected that for a number of reasons children will miss races. In particular we would not encourage children to be racing / made to race with colds/flu/injury etc. Therefore, when calculating the final positions within each series we will discount one race result. In the Intertrust we will reward times rather than points so you won't have to do them all. This series is so new we are still working on the exact scoring system (we would have arrived at some criteria before the first race!!)

#### U13+

Where a race is denoted as 13+ it is open, either as a training run for the older juniors or as a fun(ish!) run for parents/adult/novice runners. The race will generally start at either the same time or shortly after the under 11 or under 13 children (depending on the event).

#### Intertrust "choose your distance and have a go" series

**New series** for this year. Races will be run over the same course and distance every time. You will therefore be able to compare your times over the season.... with the ultimate aim to get progressively quicker!! Choose your distance on the day with various trophies being awarded at the end of season.

**Under 7's** 400m or 600m **Under 9's** choice 600m or 800m **under 11's** choice 800m or 1600m

**Juniors and 13+** athletes will be able to choose a variety of distances from 800m, 1600m, 2400m, 3200m

Races will start sharp and in order to allow the events to run smoothly please ensure you arrive at least **15 minutes** before the start time and where possible wearing a number!!

Volunteers to help marshal, set-up, take down the courses would be greatly appreciated. Great for an afternoon/morning stroll!! Anyone willing to help please see **Nick Marley**

#### Contact /Cancellation details

The second part of the fixtures will be sent out during December. All races will go ahead, rain or shine, and will only be cancelled if weather is severe. In the event of cancellations we will, where possible, post a message onto the Colts Web-site

If you are unsure about anything, please contact **Nick Marley** on 238232 or [mar.ley@virgin.net](mailto:mar.ley@virgin.net) or Junior Endurance Head Coach **Alan Rowe** on 07781 109243