

**GIAAC Winter Fixtures 2015/16 Colts Juniors and Novice/Fun runners (Part 2)**  
**U7/U9/U11/U13+**

<i>Date</i>		<i>Venue</i>	<i>Age Group</i>	<i>Time</i>	<i>Organiser</i>
<b>JANUARY</b>					
Sunday 24 <sup>th</sup>	<b>Randell and Loveridge race three</b> Graded (staggered) start	Bordeaux Headland	U7 U9 U11 13+	10:30am	Nick Marley
Saturday 30 <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>FEBRUARY</b>					
Saturday 6 <sup>th</sup>	<b>FNB INT'L TRUSTEES LTD</b> Cross country League 5 Followed by Presentation at Saumarez Park tea rooms	Home farm/nature trail course. Meet in field behind Saumarez Park.	U13 U15 U17 U7 U9 U11	2:00pm 2:45pm	Nick Marley/Paul Ingrouille
Monday 8 <sup>th</sup>	Intertrust Primary schools Race 3	Delancey Park	School years 3/4/5/6	4pm	Nick Marley/Alun Williams
Sunday 21 <sup>st</sup>	<b>Digimap race one</b>	Meet Fort Le Merchant car park	U7 U9 U11 <b>13+</b>	10:30am	Nick Marley
Saturday 27 <sup>th</sup>	<b>Randell and Loveridge race four</b> Graded (staggered) start	L'Ancrese Stonecrusher course Meet at L'Ancrese Beach/dog walkers car-park	U7 U9 U11 13+	2:30pm	Nick Marley
Monday 29 <sup>th</sup>	Intertrust Primary schools championship Individual and team event	Footes Lane	Open to Yr's 3,4,5,6	4pm	Nick Marley Alun Williams
<b>MARCH</b>					
Saturday 5 <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
Sunday 13 <sup>th</sup>	<b>Digimap race two</b>	Bordeaux Headland	U7 U9 U11 <b>13+</b>	10.30am	Nick Marley
Saturday 19 <sup>th</sup>	Primary Schools inter-insular v Jersey Schools	<b>Jersey</b>	4 teams of 6 athletes year five and six boys and girls	TBC	Nick Marley Alun Williams
Sunday 20 <sup>th</sup>	<b>Randell and Loveridge race five</b> Graded (staggered) start	Le Guet. Register top car park	U7 U9 U11 13+	10:30am	Nick Marley
<b>2016 KPMG Easter Festival 25<sup>th</sup> March - 28<sup>th</sup> March</b>					
Friday 25 <sup>th</sup>	<b>Footes Lane</b>	Further details to follow		TBC	Nick Marley
Saturday 26 <sup>th</sup>	<b>Lucksall Garage</b>	Further details to follow		TBC	Nick Marley
Sunday 27 <sup>th</sup>	<b>Port Soif – relay</b>	Further details to follow		TBC	Nick Marley
Monday 28 <sup>th</sup>	<b>L'Ancrese Stonecrusher course Meet at L'Ancrese Beach/dog walkers car-park</b>	Further details to follow		TBC	Nick Marley

<b>April</b>						
Sunday 3 <sup>rd</sup>	<b>Digimap race three</b> <i>includes club championships</i>	L'Ancrese Stonecrusher course Meet at L'Ancrese Beach/dog walkers car-park	U7 <b>13+</b>	U9 U11	10.30am	Nick Marley
Saturday 9 <sup>th</sup>	<b>Carre Challenge race four</b>	Jerbourg Steps	U7 <b>13+</b>	U9 U11	2:30pm	Nick Marley
Sunday 17 <sup>th</sup>	<b>Digimap race four</b>	L'Ancrese Stonecrusher course Meet at L'Ancrese Beach/dog walkers car-park	U7 <b>13+</b>	U9 U11	10.30am	Nick Marley

#### 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 generally discount at least one race result.

#### 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

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

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