

GIAAC Winter Fixtures 2016/17 Colts, Juniors and Novice/Fun runners (Part 2)

January

Saturday 14 th	Intertrust race four "choose your distance"	L'Ancrese Lodge	2:30pm	U7/U9/U11/13+
Saturday 21 st	FNB Race four	Meet L'Ancrese Headland/dog walkers car park	2pm 2:45pm	U13/U15 U7/U9/U11
Sunday 29 th	<i>Digimap Race one (doubling as primary schools race)</i>	Meet opposite Lucksall Garage	10:30am	U7/U9/U11/U13 13+

February

Sunday 5 th	Carre Challenge three sponsored by Rothschild	2 timed runs over two different courses at: Bordeaux Headland	10:30am	U7/U9/U11/13+
Saturday 11 th	FNB Race five Cross country League 5 Followed by Presentation at Saumarez Park tea rooms	Home farm/nature trail course. Meet in field behind Saumarez Park.	2pm 2:45pm	U13/U15 U7/U9/U11
Sunday 19 th	<i>Digimap Race two (doubling as schools Championship race)</i>	Bordeaux Headland	10:30am	U7/U9/U11/U13 13+
25 th / 26 th	No race			

March

Saturday 4 th	<i>Digimap Race three doubling as "one-off" club championship race</i>	Meet L'Ancrese Headland/dog walkers car park	2:30pm	U7/U9/U11/u13 u15/13+
Sunday 12 th	Randell and Loveridge Graded race four	Port Soif Headland. Meet in kiosk carpark	10:30am	U7/U9/U11/13+
Saturday 18 th	Intertrust race five "choose your distance"	L'Ancrese Lodge	2:30pm	U7/U9/U11/13+
Saturday 25 th	Primary Schools inter-insular v Jersey Schools	Home Farm/Back of Saumarez Park	TBC	4 teams of 6 athletes year five and six boys and girls
Sunday 26 th	Randell and Loveridge Graded race five	Meet L'Ancrese Headland/dog walkers car park	10:30am	U7/U9/U11/13+

April

Sunday 2 nd	Carre Challenge four sponsored by Rothschild	Two timed runs over two different courses at: Jerbourg Headland	10:30am	U7/U9/U11/13+
Sunday 9 th	<i>Digimap Race four possibly followed by trophy presentation. TBC.</i>	TBC –Saumarez Park or Footes Lane	10:30am	U7/U9/U11/u13 13+
2017 Intertrust Easter Festival 14th April – 17th April				

Four races at separate venues over four days. Details will be handed out separately and will be published on the Guernseycolts.co.uk website in due course.

Fun, relaxed races aimed at all abilities and are open to all, including non-members.

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

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 with colds/flu/injury etc. Therefore, when calculating the final positions within each series we will discount one race result.

U13+

Where a race is denoted as 13+ it is a series open to all 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 races.

Intertrust “choose your distance” 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 each get progressively quicker!!

Choose your distance on the day with various trophies being awarded at the end of season. Top four results of each athlete over same distance count towards overall series winners

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

Race check-in times

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!!

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

Please note that starting times do vary due to the time of year and different age groups

If you are unsure about anything, please contact **Nick Marley** on 238232 or mar.ley@virgin.net or one of the endurance group coaches **Alun Williams** (junior Progression group) or **J-P Bisson** (junior Development group)