

Hampshire Cross Country Athletics Championships Fri 9th – Sat 10th January 2009

I'm pleased to confirm that the arrangements are now made for you to attend the championships, which are to be held once again at Dibden on the Edge of the New Forest. Further details of the event can be found at <http://www.athletics.hampshire.org.uk/events/xcc09.html> As you know we are flying out on Friday to Southampton with Flybe. We have a coach booked for all day Saturday and will get a taxi to the Hotel on Friday. There should be time for shopping at West Quay after the races!

Flight Details

Meet Jersey airport check-in	Friday 5:40 p.m.	
Flight to Southampton Fri 9 th Jan	Dep. 6:40 p.m. Arr. 7:25 p.m.	BE 244
Check-in	7:00 p.m.	
Flight to Jersey Sat 10 th Jan	Dep 8 p.m. Arr 8:45 p.m.	BE 239

Consent Form

Please ensure that you return a completed confirmation / consent form to me as soon as possible.

Check List for You

For the trip please ensure that you bring;

- **Passport** as photo ID is required by Flybe
- **About £30 cash** to cover payment for evening meal on Friday night (Harvester Restaurant next to Hotel), breakfast stop on the way to the race and an early evening meal, plus other drinks etc [Note at the Hotel there is no breakfast room, though breakfast boxes can be ordered the night before for £4 if you wish, but I'm planning a breakfast stop on route to the race as well anyway]
- A **packed lunch** for after your race + some other snacks. Note no liquids on the flight.
- **Club colours** must be worn for the race i.e. black shorts, blue Spartan vest or T-shirt.
- **Spikes** (if you have them) and **trainers**. A spike bag is also handy as we may have to check-in spikes.
- **Waterproofs, warm clothing, spare footwear and spare clothing** are important as we will be out in the open and the weather is definitely not guaranteed to be good early in January!! I am taking a tent but I don't think that guarantees that we stay warm and dry at all times!
- **Mobile Phone** if you have a phone bringing it could be useful e.g. if you need to get in touch with me, say you're running late on the shopping trip or you want to contact home to show off about your race! My number is 07797 728824.

Hotel Details

Travelodge Southampton Eastleigh Hotel
Ham Farm, A335 Twyford Road, Eastleigh
Southampton SO50 4LF
Tel: 0871 984 6213

We have 10 family rooms booked which can take a maximum of 4, so more than enough space. I will provide a list of who is in which room nearer the date.

Teams

U13 G (2500M) (12:20) Daisey Letch Emily Bolter Lauren Lowe	U15 G (3300M) (1:25) Anna Fenton Chloe Turmel Danielle Leerson	U17 W (5000M) (1:05) Felicity Johnson- Deeley	U20 W (6100M) (12:50)	Sen/Vet W(8000M) (12:50)
U13 B (2500M) (12:00) Charles Renouf Oliver Terry Tom Ward Patrick Cullinane Daniel Robinson Jamie Simpson	U15 B (3300M) (12:30) Aaron Turmel Charlie Griggs Elliot Dorey Sam Ward	U17 M (5800M) (2:30) Matthew Raimbault	U20 M (8000M) (1:40) Toby Edwards	Sen/Vet M (11700M) (1:40) Tom Brown Paul Raimbault

Coaches Paul Raimbault, Michelle Leerson

Parents Peter Edwards, Phil Terry

Please don't hesitate to get in touch if you would like any further information, I hope you are looking forward, as much as I am, to what promises to be a great trip!

Best regards

Paul Raimbault
Endurance Coach
Home 857987
Mob 07797 728824

Training Program

It's a great idea to step up your training during the lead up to the cross country championships. If you prepare well for the day then you will be more confident at the start line and get much more satisfaction from a good performance that reflects all the hard work you've put in!!

So keep up attendance at the Club training nights and also try to do as many of the organized races and longer training runs that you can, the plans are as follows;

Sun 30th Nov 9:00 a.m – G Le M XC - Pont Marquet, St. Brelade

Sat 8th Dec 12:45 p.m. Advisa XC – Queens Valley

Sun 14th Dec 9:00 a.m. G Le M XC - Noirmont

Sat 20th Dec – 2:00 p.m. – Group Training Run, St Catherines Reservoir

Sat 27th Dec – 2:00 p.m. – Group Training Run, Queens Valley [meet at main Damn end]

Sat 3rd Jan – 2:00 p.m. – Group Training Run, Val De La Mare [Meet at Top end]

Thurs 8th Jan – 6:30 p.m. Usual track session 6:30 p.m. – we'll take it easy for this one!

Sat 10th Jan –HAMPSHIRE XC CHAMPIONSHIPS!!

Team Sweat Shirt

This year to mark the occasion of our visit to the Hampshire Championships and to various other events as well for some of you, we thought it would be a great idea to offer everyone a team sweatshirt. This will ensure we stand out as the Jersey Spartans Cross Country team when we are travelling and build that all important team morale! Also we all get a cool sweat shirt to wear throughout the year as well.

If you think you would like a sweatshirt please let Michelle know (e-mail gmdjleerson@hotmail.com or Tel 739133). Michelle is looking into prices and a design at the moment and needs to confirm numbers soon. The cost is likely to be about £20, including option to personalize with your name, we will probably go for grey with blue writing.