

INVITE – CROSS COUNTRY SQUAD



Dear Athletes / Parents,

Once again this year I'll be leading the St Helens Sutton Cross Country Teams into battle against Manchester's finest mudlarks as we compete in the Manchester & District Cross Country League and County competitions.

St Helens Sutton and our founding clubs have a long tradition of producing some of the best Cross Country Runners in the country. Many of our runners achieve good placings in the County Championships and go on to representative honours and it is something that we aim to continue.

Participation in Cross Country is seen by many elite athletes as an essential part of their season as it not only gives them a competitive challenge over the winter months but it also builds endurance ready for the following track season. It is an attitude that we hope many of our Junior athletes will adopt this season.



As a club we treat the competition seriously as a team, but with **absolutely** no pressure on the individual athletes. The emphasis is very much on having fun, cheering each other on and giving athletes and parents a great experience of competitive Cross Country. It is much more fun that they remember from school days!!

There are a number of competitions open to athletes from Under 11 (year 5 & 6) upwards, see overleaf.

Athletes do not need to be a regular member of one of the endurance training groups to compete but you should speak to your coach before joining us.

Please register your interest in joining us by giving completing the tear off strip overleaf. Thanks, Helena

Cross Country Fixtures 2012

Team Manager: Helena McGoldrick
Contact: 07511 431135 or helenamcgoldrick@hotmail.co.uk

Fixtures

Date	Competition	Location	Team Manager	Age Groups
20 th Oct	MACCL Cross Country	Heaton Park, Manchester	Helena McGoldrick	U13 upwards
10 th Nov	MACCL Cross Country	Sherdley Park, St Helens	Helena McGoldrick	U11 upwards
24 th Nov	McCains Cross Country	Sefton Park, Liverpool	Helena McGoldrick	U11 upwards
1 st Dec	MACCL Cross Country	Wythenshawe Park	Helena McGoldrick	U11 upwards
12 th Jan (provisional)	County Cross Country Championships	Merseyside, Lancs and Cheshire	See Chris Dempsey for details	U13 upwards
13 th Jan	MACCL Cross Country	Boggart Hole Clough, Manchester	Helena McGoldrick	U11 upwards
26 th Jan	Northern County Cross Country Championships	TBC	Helena McGoldrick (juniors only)	U13 upwards
2 nd / 9 th Feb	County Schools Cross Country Championships	TBC	Schools should arrange	Y6 upwards
10 th Feb	MACCL Cross Country	Woodbank Park, Stockport	Helena McGoldrick	U11 upwards
23 rd Feb	National Cross Country Championships	Sunderland	Helena McGoldrick (juniors only)	U13 upwards

Please tear off and return the slip below by end of September to give us an idea of numbers

Cross Country Teams

I am intending to attend some or all of the Cross Country competitions this season.

Athletes Name:

Date of Birth:

Parents Mobile No:

Parents Email Addr: