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From: Glen Barry Barnes <glenbbrns@aol.com>
Sent: 09 December 2019 09:43
To: martin_james@blueyonder.co.uk
Subject: Fwd: England Athletics endurance newsletter for Winter 2019 (Part 2)

Flag Status: Flagged

Hi Martin
Can you post this on the DAC website
Cheers

Sent from AOL Mobile Mail
Get the new AOL app: mail.mobile.aol.com

On Friday, 6 December 2019, Spencer Duval <sduval@englandathletics.org> wrote:

PART 2...

Dear Coach / Athlete

Welcome to the England Athletics endurance newsletter for winter (part 2) 2019. If you don't want to receive endurance updates/newsletter in the future please email me and I will take you off the lists.

It's all important stuff but the extra important stuff is in **yellow** below:

European Cross Country Championships 2019: How to watch live on the BBC click [here](#)

World University Games Cross-country GB STUDENTS TEAM. **(VERY TIGHT DEADLINES ON THIS SO ACT NOW IF YOU ARE INTERESTED)**

ENGLAND ATHLETICS are delighted to announce that the British Universities & Colleges Sport (BUCS) will be sending a team of GB students to the World University Cross Country Championships in 2020. The Championships will take place on Saturday 7th March 2020 in Marrakech, Morocco.

Selections will take place straight after the BUCS Cross Country Championships on Saturday 1st February 2020. The selection policy is available [here](#). All athletes who wish to be considered for selection **must** submit an online registration on the [BUCS website](#) by noon on **Wednesday 15 January 2020**. Any athlete who fails to complete the online registration and submit the supporting hard-copy documentation by the deadline may not be considered for selection. Please note that this process will necessitate your University physically stamping a template eligibility form, and this being posted to and received by BUCS by the stated deadline.

Only four (4) male and four (4) female athletes are allowed to compete in the individual races which are 10km each. The other two (2) female and two (2) male athletes will compete in the relay event.

Relay: Two (2) women and two (2) men compete in the following order: **W,M,W,M**. The first two athletes of each team will compete over two laps and the last two over one lap. It means the first woman and the first man will run approximately 4km and the other two will run approximately 2km each. Relay selection will be based on current cross country or indoor or road form. Athletes must compete at the BUCS cross country event on 1st February (long or short course) to be eligible for selection in the relay team.

Indoor running opportunities: ENGLAND TEAMS.

REMINDER THAT ATHLETES NEED TO GET IN TOUCH WITH EITHER ANDY DAY OR SPENCER DUVAL **BEFORE** THE SELECTION MEETING ON 14TH JANUARY 2020 TO EXPRESS INTEREST IN COMPETING.

The following opportunities are available in early 2020

1. Vienna 25th January 2020
2. Bratislava 26th January 2020
3. Reykjavik Games 2nd February 2020
4. Linz 8th February 2020

More details regarding event opportunities and selection policies can be found [here](#). Selection Overview: All events will be considered separately, a maximum of two athletes can be selected for Vienna and Bratislava and one per event for Reykjavik and Linz. Selection for all of the Teams will be made on Tuesday 14th January 2020. All questions and expressions of interest relating to the selection policy should be directed to the England Athletics Competitions Manager, Andy Day, aday@englandathletics.org. If the selection panel has not been able to contact or ascertain interest in selection by midnight 13th January 2020 then the athlete may not be considered for selection. **THAT LAST SENTENCE IS REALLY IMPORTANT SO READ IT AGAIN PLEASE!**

Marathon programme.

England Marathon Camps and workshops.

Wednesday 29th January 2020. England Marathon programme workshops with Nick Anderson and special guests Professor Andy Jones who worked on the sub 2 hour marathon project.

Venue: Winchester University.

Time: 7pm – 9pm

You can book [here](#). You may need to register on athletics hub (once only) first then search for **Marathon Programme Workshop**. These events are free to attend.

Wednesday 26th February 2020. England Marathon programme workshops with Nick Anderson and special guests Professor Andy Jones who worked on the sub 2 hour marathon project.

Venue: Manchester, Stockport Harriers AC

Time: 7pm – 9pm

You can book [here](#). You may need to register (once only) on athletics hub first then search for **Marathon Programme Workshop**. These events are free to attend.

Friday 31st January to Sunday 2nd February 2020. **National Performance Programme Weekend Camp one.**

A mixture of group training sessions and time to train, field testing, coach network and development sessions. Talks from experienced coaches and athletes to share best practice. Full weekend rate £100 including accommodation, food and all workshops and training sessions.

Venue: Forest of Dean

Time: From 4pm Friday onwards

You can book [here](#). You may need to register on athletics hub first (once only) then search for **Marathon Camp 2020**

For all marathon enquiries contact Nick Anderson at: nanderson@englandathletics.org

Regional Coach and Athlete workshops

England Athletics is running a series of Regional Coach & Athlete Training Days across the country between now and March 2020. For more information on dates, locations and session content [Click to view the latest Endurance promotional leaflet \(PDF 1MB\)](#). For more information go to www.englandathletics.org/coachathletedays

Athletes click [here](#) to book on.

Coaches click [here](#) to book on.

Regional Endurance Coach Leads:

If you have any questions, or would like more detail about anything to do with endurance in your area, please contact the relevant person below:

North: NEW starters Darren Reeve dreevell@englandathletics.org starts 1st January 2020

Midlands: Sonia McGeorge smcgeorge@englandathletics.org or Chris McGeorge cmcgeorge@englandathletics.org

South East: Tom Craggs tcraggs@englandathletics.org

South West: Mark Brace mbrace@englandathletics.org

Happy Christmas everyone.

Spencer Duval

National Endurance Lead

England Athletics

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