

INTERNATIONAL JUNIOR FELL & MOUNTAIN RUNNING

2005 UPDATE #3

MARCO GERMANETTO MEMORIAL RACE – TRAVEL PLANS

The preliminary plans are to fly from Manchester Airport to Turin on the morning of Friday June 24 (approx. flight departure 11:00) and return to Manchester Airport on the evening of Sunday 26 (approx. flight arrival 22:30). The race organisers have kindly agreed to arrange transport to and from Turin Airport to Susa. Race details can be found at:

http://www.atleticasusa.it/rules_memor.htm or in [Update #2](#). The Trials race is over a course near Ilkley on Sunday June 5th. Details can be found at:

<http://www.ilkeleyharriers.org.uk/jh/susatrial.html> or in [Update #2](#).

We're taking a squad of 12 athletes (6 boys and 6 girls) plus two team managers (Steve Fletcher and Pauline Stuart). We'll effectively compete as England A and England B teams. Selection is open to runners born in 1988 – 1993 (inclusive). There will be automatic selection for the first four boys and first four girls in the Trials Races. The remaining places will be filled at the discretion of the selectors based on current form. Athletes wishing to be considered for selection must register their interest and provide Steve Fletcher (see below for contact details) with details of the form they wish to be taken into account by 12:00 Sunday June 5th.

JUNIOR HOME INTERNATIONAL

The venue of the JHI and Open British & Irish Junior Championships has been changed. They will now be held on the lower slopes of Slieve Foy overlooking the village of Carlingford, north of Dundalk (GR J185115, OS map 36). The preliminary timetable is:

- 10:30 U14 B&G – course 1
- 10:50 U16 G – course 2 and U16 B – course 3
- 11:30 U18 G – course 3 and U18 B – course 4

The courses are:

- Course 1 2.5km and 250m of climb
- Course 2 4.0km and 350m of climb
- Course 3 5.0km and 400m of climb
- Course 4 6.0km and 500m of climb

INTERNATIONAL TRAINING CAMP – 10:00 AUGUST 25TH to 10:00 27TH

The Coniston Coppermines Youth Hostel has been booked for the training camp. The camp will commence at 10:00 on the 25th and finish at 10:00 on the 27th. Activities will include:

- 30 mins one-on-one with a physio specialising in sports physiology (this will be a good chance to get your range of movement assessed, discuss remedial/injury prevention strategies and current problems),
- Practical based workshops (not too much lecturing but plenty of activities and q&a so we can focus on what affects and concerns you) on applied nutrition for performance athletes (not X% of this and Yg of that but what to eat and drink when), the female athlete, planning, objective setting and long term development, and reflective performance analysis (how to link thinking about issues and problems to training and competition strategies),
- Mountain bike training for mountain runners,
- Navigation, hill-craft and orienteering (if the terrain allows it we might even have a mtb orienteering event).
- Training sessions in the fells.

The timetable will be structured to enable athletes to train twice a day. A preliminary timetable will be circulated in the next few weeks for discussion. **IF YOU HAVE ANY IDEAS LET ME KNOW.** Attendance at the camp will be by invitation based on performance and discussion with coaches.

IF YOU'D LIKE TO RECEIVE INTERNATIONAL UPDATES EITHER BY POST OR EMAIL PLEASE CONTACT THE JUNIOR TEAM MANAGER STEVE FLETCHER 017687 79362
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