



ISF WORLD SCHOOLS CROSS COUNTRY CHAMPIONSHIPS 2012

Valetta, Malta

March 21 – April 3

Part 1

Tour Manager

Once again, all travel arrangements were conducted by DB Travel and the itinerary of the tours worked exactly as planned. Thanks must be credited to the parents of team members who attended the Championship in Malta. At all times they were of assistance if required, and cooperative at all times while on tour in the Malta.

The uniforms were at times too large for the athletes, partly because athletes have either ordered clothing too large or they have grown from the time ordering or from the fact that the manufacturer still keeps changing the sizing. It was also difficult for the 2nd tour running that the try on equipment either did not arrive at the National Championships or came with mainly large sizes to try on. The uniforms made by Fytek need immediate updating to a more modern theme and it was the general consensus of parents, athletes and management on this issue. There are still complaints about the warm up tops being very large, but athletes fail to realise that they are only warm up tops and designed for team players who like baggy clothes. Thanks must go to Toll Express in Adelaide for sending the uniforms to all parts of Australia at no cost. Our uniforms were once again in great demand by the competing countries as an item to swap. Thanks go to Energetic Apparel in Victoria for once again making the competition uniforms which fitted all athletes perfectly.

Thanks go to Bagworld for providing the travel and carry bags and to All Sportswear for inscribing the School Sport logo and Championship venue on them. This year the bags were the best quality possible and provided much space to store things. School Sport SA through Darren McGregor handled the financial side of the tour expertly.

The team was selected in August of 2011 with Marcellin College the schoolboy's team from Victoria and All Hallows the schoolgirls' team from Queensland being School Sport Australia's National School Team Champions. The representative team was chosen from the first six under 17 years boys and girls to finish their respective U18 Championship races. Of the twelve athletes selected, there were three athletes who withdrew and their places were quickly taken by the reserves. Communication by mail, phone calls and email was ongoing; parents were very helpful and supportive on all occasions.

It was a smooth and positive tour for all concerned and to receive many condolences on behalf of the team from parents overseas and on return was a sure sign that it was a memorable and unforgettable experience.

Tour Positives:

- Excellent work by Phil Coppock and Helen Roberts our School Sport Australia team managers/coaches. John Meagher from Marcellin College was on his 4th trip as coach of the school team and Judy Elder from All Hallows was a most effective manager of her team.
- Meet my past friends in the ISF and new managers/coaches on other international teams and exchange views, ideas and share cultural experiences.
- Establish new friends to share educational ideas and ideas on school sport.
- The itinerary worked well with fantastic tours and training in Dubai followed up by an amazing 3 days in Rome on the way back to Australia.
- Parents of students were great to talk to and were very supportive – this I mentioned in the introduction.

- Athletes were always occupied on tour, and responded positively to all activities planned. The time in Dubai on some day tours and training sessions bonded the team together in an very energetic and positive way. Team managers assisted with the sharing of whole team supervision while on tour.
- The accommodation in all places we stayed was excellent – in Malta we were accommodated in one hotel with 3 other national teams and the team coaches or managers were on the same or adjacent floors to the students. The food in Malta was excellent with buffet meals at each sitting. This is the first time that athletes have not been hungry on one of these tours. In Dubai the hotel was close to Al Safa Park where there was a 3.2km running track available for a cost of \$1AUS per visit. In Rome we stayed in an excellent hotel 500m from the Borghese Gardens – a place ready made for training.
- Management team under the guidance of Phil Coppock, Helen Roberts, John Meagher and Judy Elder certainly ensured the success of the tour in both performance and memories of sightseeing.
- The cultural performance by Australia at the Championship Closing Ceremony was very well received with the whole team dancing the “Waves of Bondi”. Well done to Helen Roberts, for leading this with assistance only from Phil Coppock and Judy Elder.
- The team performance was of a high quality – the best Australia has ever done at these Championships. The conduct of the students was exemplary and we were leading all students from the other countries to be involved in the activities and assisting other managers and coaches with anything they required.

Tour Negatives:

- The tracksuits did not fit all athletes appropriately and some of the shorts were very large especially for the girls.
- The School Sport Australia uniform is out of date and tired.

The tour was a resounding success and congratulations to our inexperienced managers Helen and Judy and coaches Phil and John at this level of sport. During any trip there are always some difficulties, but on this occasion there was nothing that warrants mention. The behaviour of all students and managers on tour was nothing short of exemplary and this made my job as tour manager much easier. On the whole the tour organisation worked out just right – in Dubai, John was good at organising some tours for us all and we certainly enjoyed the trip to the desert and the water park.

Thanks to all, it was a most memorable trip for all the right reasons.

Trevor Wiseman

Part 2

Girls Representative Team Manager/Coach

Team Members

Courtney Powell, Lucinda Young, Kelly Thacker, Natalie Archer, Courtney Scott, Rebekah Matulis

Preparation

The girls mostly had smooth preparations prior to departure with the exception of Courtney Powell, who was under the care of a Physiotherapist for tightness in her quads. All girls came prepared with a very good understanding of what was expected by their personal coaches.

All the personal coaches should be commended for their preparation of the athletes both with their training programmes as well as giving them a good understanding of what is needed at this level.

Dubai Preparation

All girls completed their assigned programs making modifications where necessary as to how they recovered from the flight. The one exception was Courtney Powell. We were unable to find a pool for her but our hotel did have a gym and she was able to do some cross-training suitable for her needs. The large park in very close proximity to the Hotel made it easy to access all the girls' requirements with limited exposure to the clothing expectations in UAE.

Malta

Unfortunately, the only option for running near the hotel was along the road, although there was a large outside pool for those who required cross-training. However, the water temperature limited the use of this facility.

The warm-up day gave adequate time for the girls to familiarise themselves with the course.

The Course

The girls course consisted of 2 laps of a reasonably flat loop followed by approx 350 metres to finish inside the adjoining track. It was mostly grass with 2 small sections of loose gravel per lap as well as a very small wall (approx 15cm high) crossed twice on each lap.

PERFORMANCES

Kelly Thacker - Position - 9th

Kelly chose to compete in bare feet and this proved to be no issue due to the type of course. She did have footwear if the course was not suitable for this.

She raced to the plan she developed prior to the day and followed this through and finished strongly.

Courtney Powell - Position - 13th

Courtney had a very good preparation until 3 weeks out when her quads became an issue. Her limited ability to run after this was telling in the final stages of the race. However, she raced bravely and battled through.

Lucy Young - Position - 15th

Lucy had some difficulty in Dubai finding food that suited her requirements. This was not an issue once she reached Malta. The course was not the type which suited her but she raced well and gave her all.

She was very distressed at the end of the race but recovered fairly quickly.

Courtney Scott - Position 16th

Courtney raced extremely well on a course which suited her. She raced strongly and improved her rank in the team. She had a very strong preparation and performed accordingly.

Natalie Archer - Position 18th

Natalie performed very well, raced smartly and finished strongly. Her preparation was good with no known complications.

Rebekah Matulis - Position 31st

Rebekah had the most issues during the race. In the first 200m, she lost her shoe and gained a spike wound on the back of her heel. This didn't stop her though and she continued in the race with one foot in a sock. Although she was disappointed with this, she was very mature in her outlook and saw this as a learning experience (she was the youngest of the 6 girls). It is pleasing to see an athlete so young overcome is type of adversity so early in a race and finish as well as she did.

Overall Position of Team - 2nd

The girls' efforts as team are evidenced by the strong grouping of the results. Although we didn't have a standout individual performance, all gave their best efforts and supported each other throughout the whole tour, both in preparation and performance. They are to be congratulated on the mature way they handled the whole racing experience.

Other Related Issues

This team of 6 athletes were a pleasure to have in a team. They were willing to work with all management as well as the 6 girls from the School team making a very cohesive group. In fact, we felt it was more a group of 12 girls rather than 2 separate groups. This added to the enjoyment of the tour. Their cooperation, especially in Dubai and the special circumstances regarding women and clothing, made this tour run in an efficient manner and their consideration of others made it enjoyable for all. The team was also willing to be involved in the general learning experience gained from travelling abroad. They took an interest in the places we visited and have taken home some great memories of wonderful places.

Congratulations to all the girls on this.

Recommendations

Whilst the competition uniform is great, the travelling uniform is becoming dated and the team members felt it would be useful to review it.

As Malta was such a difficult place to reach, the 3 days in Dubai were considered very useful to get into the general time zone for the region (only 2 hours difference instead of 8.) It proved to be very beneficial to the preparation of the team and for the team morale.

Conclusion

This was a very successful tour for the girls. Even though we didn't have an individual medal winner, their team effort in every aspect made it a tour to be remembered by all.

I would like to thank all the parents and coaches for their efforts and support and a very big thank you to Trevor Wiseman for all of his organisation and guidance. It was an honour to be part of such a well run, happy team.

Helen Roberts

Part 3

Boys Representative Team Manager/Coach

Administration Prior to the Tour.

Members were kept informed about planning and progress and expectations.

Pre Competition Preparation - Dubai

The team had the opportunity to recover from travel by staying in Dubai prior to travel to the competition venue. Training facilities were ideal with all team members were able to follow training programs and train on a grassed surface while in Dubai. The preparation of all team members was excellent with each athlete able to complete planned programs. Daniel Coleman had a very challenging set of training sessions and the number of reps was reduced. The venue made the travel less onerous than travelling to a European location.

Competition Results

The athletes ran to a plan of going to the front and trying to slow the race as much as possible as the flat multi-lap course would suit track runners. The course was well grassed and facilities were good. The plan worked well with Bini moving to the lead pack and the other team members responding. At the completion of the second lap Jacob and Jack made a move to cover other runners and quickly moved away from the rest of the field. The team finished in first position and can be justifiably proud of their efforts.

Placings were as follows:

Jacob Birtwhistle (1st), Jack Davies (2nd), Chartt Miller (3rd), Luke Percy (10th), Bini James (17th), and Daniel Coleman (18th)

Individual Team Members

Jacob Birtwhistle had a very good paced race and after settling in the initial lap was able to work his way through the field. He finished the race strongly moving away and winning by 40m.

Jack Davies prepared for his race very well and was relaxed and ready to go. He ran controlled pace and finished strongly on a course, which suited our athletes.

Chartt Miller was also relaxed and ready to race as he lined up. He executed a sound race plan and ran conservatively on the first lap. He was able to finish strongly and ran through for 3rd.

Luke Percy got into a good position in the top ten and fought strongly to be beaten by 2 other runners on the line.

Bini James made an early and bold move to go to the front, which probably set it up for the Australians. Unfortunately Bini wasn't able to hold on and slipped back over the last half lap of the race.

Daniel Coleman ran well but lost a shoe and had to complete a large part of the race in one shoe. He raced well for 18th.

Post Event- Malta

The group was disciplined and maintained a high level of behaviour. They bonded well and did all activities together. It was a delight to work with such a wonderful group of athletes.

I would again recommend that during preparation of future tours the team management organise to contact athletes and their parents on an individual basis and articulate what the Code of Behaviour entails. With the number of forms signed by team members and parents I feel this important discussion may not actually take place.

Recommendation – That all team members always take part in a direct communication with the team management and their parents prior to signing of the Code of Behaviour.

Post Competition – Rome

Pleasingly the Selected Boys enjoyed a relaxing and interesting time in Rome, visiting The Colosseum, Vatican and many other sights in the city.

SUMMARY

The preparation of administration of the tour was thorough and well organised. All members were kept up to date with progress. The tour was well planned from the point of view of time to train and recover from jet lag. There were numerous opportunities for the team to sightsee and shop.

The Head of Delegation is to be commended on the thorough planning of the trip and it is pleasing to be able to report on such a successful tour.



PHIL COPPOCK
COACH – BOYS SELECTED TEAM 2012

Part 4

Girls School Team Manager/Coach

All Hallows' School Team members:

Judy Elder (Staff member)

Gabrielle Forrest, Holly Nation, Sophie Donatini , Rory McGahan , Jane Andersen , Brianna Pennells
(Team members)

Pre Championships: After winning the Nationals in Canberra, on returning back to school our team with the assistants of staff and parents immediately started fundraising to help reduce their overall costs. Each team member attended school squad trainings and their own personal trainings with their coaches. Prior to leaving for Malta the team had a change in staffing as the original staff member was unable to travel due to illness.

Travel/accommodation prior to Malta: The stopover in Dubai greatly assisted in the team recovering from jet lag and starting their championship warm up. Motel in Dubai was adequate for what was needed and all the sightseeing adventures were exactly what the teams needed.

Championship: Accommodation and meals in Malta were excellent. Transport to and from venues was okay except for the day of the championship where the early bus was late arriving at the venue which made my team late and therefore the girls only had a 20minute warm up. Perhaps next year the bus could leave earlier to allow for traffic hold ups. The venue in Marsa was perfect for the race.

The All Hallows' team were placed 6th overall with the girls achieving the following results:

Gabrielle Forrest placed 15th with a time of 12mins 42 secs

Brianna Pennells placed 23rd with a time of 13mins 03 secs

Rory McGahan placed 27th with a time of 13 mins 13 secs

Sophie Donatini placed 38th with a time of 13 mins 34 secs

Holly Nation placed 49th with a time of 13 mins 58 secs

And Jane Andersen placed 57th with a time of 14 mins 47secs

For the All Hallows' girls this was a wonderful learning experience, which they thoroughly enjoyed.

Post Championship: Traveling to Rome and all the different sightseeing was a wonderful way to finish the tour.

Injuries: A couple of girls came into the championships carrying slight injuries plus Jane received an injury to the head while stretching at the course the day before the championship. A stone flew out of the lawnmower that was being used close to where Jane was stretching and hit her on the side of her head just behind the ear. Ice was applied and nearby ambulance personnel gave Jane a complete check up and she continued to apply ice throughout the day. Jane had a slight headache the next day but was still able to compete.

Many thanks to the girls' parents who all travelled to Malta to support their daughters and a special thanks to Trevor, Helen , Phil and John for all their support while on tour and to the other students from the different schools for including our school and treating them as equals .

Conclusion: It was a very successful tour for the All Hallows' School Team, and if we were to be successful again and attend the next world champs there are a few things that would need to be put in place at my schools level, which I will put into my report. Trevor did a very good job at organizing the tour the only thing I would like to see added would be a job description for the team managers especially the school teams eg: what is expected of them re supervision of their students etc. As I was a

new manager it would have been helpful to me if I knew what was expected of me regarding the tour prior to leaving, I personally did not have any issues as I have had a lot of experience travelling with students overseas, but if the original staff member was able to travel a job description would have been of great benefit to her.

Once again many thanks

Judy Elder
Staff member for All Hallows' School Team 2012

Part 5

Boys School Team Manager/Coach

2012 saw another team of 24 young talented Australians take it upon themselves to represent their country in the Cross Country World Championships. This time the race was held in Malta a small country under Italy. The team of runners including facilitator Trevor Wiseman, men's team coach John Meagher, women's team leader Judith Elder, selected men's leader Philip Coppock as well as selected women's leader Helen Roberts set off on the two week trip on the 21st of March. After team members from all over Australia met in Sydney, we were off to Dubai for four days in what wasn't as hot as we expected, Dubai was probably the most fun and easy going for us as athletes. This was good as it allowed us to take our minds off the race and more on getting to know some new faces and seeing what amazing things Dubai had to offer. Some of the many highlights were 4 wheel driving on the sand dunes in the desert, waterslides at the Dubai theme park Wild Wadi, as well as the shopping in the night markets of Dubai. Alongside this, the team spent a lot of time at The Dubai Mall, which like many things in Dubai broke some world record. From the world tallest building the Burj Khalifa to the world largest acrylic panel on an indoor aquarium, Dubai had something in every corner to take our breath away.

From there we went to Malta, after a quick stop to pick up the cross country team from Larnaca, Cyprus things finally got a bit serious. The race was the next thing on our minds. This was easy to take in with the beautiful sights of clear blue water from our balcony at Qawra Palace hotel which allowed for the best preparation with swimming pool and spa facilities. After one day of rest, buffet breakfast and meeting up with athletes from other countries, we raced in the Marsa Sports Complex in the town of Gozo. This being the whole point of our trip we knew we had to step up and step up we did.

The day started with the Queensland school team taking on 20 other countries from around the world, All Hallows Girls School finished with a respectable 6th. This however was just the beginning, the next race was the school boys team, with Marcellin College from Victoria, representing Australia at these same World Championships for the fourth time, they were all out to make it their best one yet. The team coached by John Meagher finished 3rd behind Turkey and Algeria equalling the best result by Marcellin College at this event. This clearly set the mood for the next two races not to mention the support of coaches, friends and families of all the athletes who came down to support us during the event. The girls selected team was next, with a strong Australian team hopes were high, and the girls delivered, placing 2nd in their race. The final race of the day was Australia's best performance in world schools cross country history, with three team members placing in the top three of the race individually, alongside this all Australian team members placed in the top 20 which gave them the gold medal and put Australia first in the medal tally. This trip could have not gotten any better, with 24 happy athletes and 5 overjoyed coaches we relaxed for the next few days; going on tours throughout Valletta and Mdina, as well as attending the official reflections party after the race, friendship relay with other countries, and the closing ceremony and presentation of medals.

After our success in Malta, we went on to Rome for three days, staying in hotel Beverly Hills, we were all happy to see some colder weather. Sightseeing, learning about Rome, visiting the Vatican was how we whiled away time. Rome also offered us the best food we had all trip, from Gelati's, pizza's, spaghetti, croissants and many more traditional Italian cuisine.

This trip was a very enjoyable and memorable experience, many of us made bonds with people that will be cherished for a lifetime. Events like this don't come often, and hence everyone cherished the trip greatly, on behalf of the Marcellin college team, I would like to thank the organisers coaches and parents for their organisation of and support for the trip.

Comments regarding trip

- Introducing a team dinner on the first night would increase the bonding and 'tight knit team' experience between athletes. (All on the same table sitting with members not from their teams).
- Keeping a free schedule was very successful, allowing for everyone to rest and for activities to be planned as the athletes wanted and were able to handle.
- Allowing sets off 6 based on teams allowed for quality time to be spent between team members and the task of organising activities much lighter on coaches and team leaders.

Historical tours being matched to contrasts with 'fun' activities such as water theme parks and shopping mall visits .should definitely kept the same for future trips.

Part 6

Girls Team Captain

I had an amazing trip overseas with the SSA Cross Country Team, and from the amount of "post-Malta depression" that has hit team mates upon return on *Facebook*, I think it's fair to say that the trip was a fantastic experience for everyone.

The flexibility in Dubai was great as it meant we could give the managers ideas of what we would like to do. We managed to visit the Dubai Mall, Wild Wadi Water Park, the night markets, and even went four wheel driving which followed with an experience of cultural Dubai in the desert. The freedom meant that everybody on the team was bound to enjoy most of the activities, if not all. Discussing what we would like to do in free time with our team managers was awesome as different groups and genders could do as they wished: girls could go shopping for a couple of hours- something the boys most likely wouldn't have enjoyed. Training in Safa Park met the needs of all athletes (apart from the difficult injured one (myself) who needed a pool) in preparing for the competition. The three days spent in Dubai also helped us recover from the long flight, and bond with the people we would spend the rest of the trip with.

Arriving in Malta two days before competition was fantastic as it gave us plenty of time to recover from another long flight and mentally prepare for our race. We were given a good amount of time to inspect the course and simulate our race tactics. Race day went well, every athlete supported and encouraged their fellow team mates. Athletes that didn't perform as well as they would have liked, congratulated the successful ones and masked their disappointment with great sportsmanship. The selected girls team came 2nd and including a top ten placing by Kelly Thacker. The All Hallows school team came 6th which is a fantastic achievement at such a high level of competition.

The tours around Valletta and Mdina were informative, but we didn't have enough time in both places to explore and really take in the beautiful cities. We squeezed both tours in a half day which followed with a free afternoon which could have been used to continue site-seeing. However, the whole team did enjoy the free time that was given to us, and we thoroughly enjoyed hanging out with each other. I spent most of my free time by the pool with the team or going for walks along the coast with friends, which are some of my fondest memories from the trip. After the competition in Malta, we had "parties" on three consecutive nights, which I know some athletes didn't enjoy and it would be great if they were given another option. The time spent in Malta was wonderful and I have heard from fellow team mates that this is where they enjoyed their time the most.

Rome was beautiful and it was great that we were able to see so much in such a short period of time! It would have been nice to be there for a couple of days longer. However, I cannot think of anything we didn't see that I wish I did so I think our tours were extremely successful and productive! It was the icing on the cake of the trip before we returned home.

I'd like to thank all the team managers and Trevor for making the trip enjoyable and run smoothly for the team. Thank you to my team manager Helen who was very approachable and organised what we would do in our free time with us, Trevor who organised the trip fantastically and John for organising a few enjoyable activities in Dubai.

I think we were all lucky to spend the two weeks with such a wonderful group of people. Everybody got along and looked after each other. There was a real sense of team spirit and unity over the two weeks which made the trip a memorable experience for everyone.

Courtney Powell

Part 7

Boys Team Captain

With only a minor glitch in Melbourne the trip followed the itinerary perfectly.

After the flight was cancelled from Melbourne to Sydney, we all finally met at Sydney as planned, and headed for Dubai.

The park in Dubai was ideal for training and the activities were excellent. It was good that walking in Dubai was kept to a minimum pre-race so we could all keep fresh.

In the races all of the boys performed really well. In the selected boys race there was some aggression shown early by the Algerian and England runners, but we were all experienced enough to avoid trouble. Congratulations to Jake on a great win. He made a break and no one could maintain contact with him. Fast finishing Chartt was a highlight. He overtook England and Turkey runners in a sprint to the finish to place third. Luke, Bini and Daniel all ran great and were not far behind.

It was an historic 1, 2, 3 finish for Australia, having never been done before, and a gold medal in the team event.

In the schools race the Marcellin boys all ran great to take home the bronze medal. Joe's run was outstanding finishing 6th overall.

The course was fast and flat but some of the team would have preferred some hills.

With the race finished we could all relax and enjoy the rest of the trip. The relay was heaps of fun and we all bonded well with athletes from other countries. The cultural event, closing ceremony and after party were also great fun giving us another chance to unwind and mingle with the other athletes.

In Rome the tours were excellent and gave us the chance to see some very famous and historic buildings, perhaps a once in a lifetime opportunity.

The trip as a whole was well organised. Everything ran smoothly and the accommodation and food was excellent. The trip not only gave us all exposure to an international running event but also provided a great cultural experience as well.

Everyone in the team got on really well. A lot of friendships were formed.

On behalf of the boys team thanks to tour manager, Trevor Wiseman and our coach, Phil Coppock, and also Marcellin coach John Meagher for organising some of the great activities. It was an honour to be team captain. The trip overall was a great experience for all and one we'll never forget.

Jack Davies

Part 9

Recommendations

- School Sport Australia should update their uniform and rebrand.
- Meeting of the whole team in Sydney and flying to Dubai on the A380 was the best way to go.
- Still looking for a team sponsor to reduce the cost for athletes who each paid a total of around \$5500.
- In 2014 the next Championship is in Israel.

Part 10

Appendix

APPENDIX 1 – TIME LINE

MONTH	TO BE ACHIEVED
APRIL	Establish flights & accommodation ideas with approximate costs.
MAY	Costs of levy in Malta. Management team established.
JUNE	Rough budget and tour itinerary for conference at SSA.
JULY	Check with travel agent on all document and insurance requirements.
SEPTEMBER	<p>National Championships selection trial.</p> <p>Select team and establish uniform sizes.</p> <p>Hand out all relevant documents from the international overseas tours package.</p> <p>Provide an invitation to represent Australia and hand out paper work from the overseas travel document of SSA</p> <p>Athletes confirm that they will travel and send a deposit of \$500 (\$100 for administration fee and \$400 deposit on airfares).</p> <p>Organise with School Sport SA to bank the money in the name of “World Schools Cross - Country Team”, either with a cheque or credit card transaction.</p> <p>Send letter and email to double check uniform requirements.</p> <p>Set the managers/coaches/sports trainer teams to look after prior to departure – keep in touch with training & performance.</p>
OCTOBER	<p>First payment of \$1000 from each athlete. Send out confirmations that money was received and a letter on various topics of interest.</p> <p>Athlete and manager paper work has to be finalised and the final equipment order placed with SSA.</p> <p>Spoke to Bagworld to organise travel bags and backpacks.</p>
NOVEMBER	<p>Second payment of \$1000 from each athlete received. Send out confirmations that money was received and an email letter on various topics of interest.</p> <p>Chase up anybody who is behind in payments.</p> <p>Discussions with All Hallows about their final team selections – letters and phone calls to parents and Principal.</p> <p>Provide all names, dates of birth, addresses, passport numbers, meal requirements to DB</p>

	Travel.
DECEMBER	<p>Third payment of \$1000. Send out confirmations that money was received and an email letter on various topics of interest.</p> <p>Ensure that all passport photocopies are sent in before the end of the month.</p> <p>Meet the application time with the organising committee and pay the first deposit to ISF Cross-Country</p> <p>Confirm accommodation in Dubai and Rome and the sightseeing tours.</p> <p>Remind all athletes that the tour cost could change depending on the amount of uniform they ordered with respect to the \$500 that was budgeted for.</p> <p>Receive bags from Bagworld and take them to All Sports wear to have logos put on them.</p>
JANUARY	<p>Final payment of \$1000 from each athlete. Send out confirmations that money was received and a letter on various topics of interest.</p> <p>Chase up extra information from the organising body.</p> <p>Finalise itinerary and receiving all passport photocopies for DB Travel.</p>
FEBRUARY	<p>Finalise all tours and accommodation in Dubai and Rome along with sightseeing tours.</p> <p>Receive all bags with logos from All Sportswear</p> <p>Organise all equipment from Fytek and SSA into 29 bags. One for each person on the tour.</p> <p>Final payments for all travel made in mid February.</p> <p>Reorganise flights for All Hallows manager as the original person could not travel.</p>
MARCH/APRIL	<p>Send all bags with clothing to athletes and managers via Toll Express – this included airline tickets, insurance, document folders and the final instructions.</p> <p>Meet athletes in Sydney airport on March 21st</p>
JUNE	<p>Organise photograph printing and distribution.</p> <p>Send out acknowledgement letters to everybody including sponsors. Include a team photograph for each sponsor and SSA.</p>
JUNE	<p>Write report and receive reports from interstate.</p> <p>Finalise finances and reimburse the team members if required.</p>

APPENDIX 2 - ITINERARY

PROGRAMME OF THE CHAMPIONSHIP:

25 March 2012	<i>All day</i> - Arrival- Registration – Check in – Payment of participation fees – Accreditation – Accommodation
26 March 2012	<i>Morning</i> - Training at the course 9.30/11.00 - Technical Meeting 15.30/18.30 – Opening Ceremony
27 March 2012	9.30 Competition 19.30/21.00 Nations' festival - Friendship Evening / Tourist Fair
28 March 2012	9.30/ 13.00 - Official tourist tour / Excursion 17.30/18.30 – Meeting of the Coaches to organize the Friendship Relay
29 March 2012	10.30/11.30 - Friendship Relay 12.15/13.15 – Medal presentation and Closing Ceremony
30 March 2012	Departure

APPENDIX 3 - TEAM NAMES

First Name	Surname	State	Team	School
Jacob	Birtwhistle	TAS	Boys Selected	Riverside High
Daniel	Coleman	QLD	Boys Selected	A B Patterson College
Jack	Davies	VIC	Boys Selected	Ballarat High
Biniyam	James	QLD	Boys Selected	Cairns State High
Chartt	Miller	WA	Boys Selected	Ocean Reef Senior High
Luke	Percy	VIC	Boys Selected	Ringwood Secondary College
Natalie	Archer	ACT	Girls Selected	Canberra Girls Grammar
Rebekah	Matulis	QLD	Girls Selected	A B Patterson College
Courtney	Powell	VIC	Girls Selected	Ruyton Girls
Courtney	Scott	VIC	Girls Selected	Ballarat Clarendon College
Kelly	Thacker	QLD	Girls Selected	Elanora State High
Lucinda	Young	QLD	Girls Selected	Brisbane State High
Jane	Andersen	QLD	Girls School Team	All Hallows
Sophie	Donatini	QLD	Girls School Team	All Hallows
Gabrielle	Forrest	QLD	Girls School Team	All Hallows
Holly	Nation	QLD	Girls School Team	All Hallows
Brianna	Pennells	QLD	Girls School Team	All Hallows
Rory	McGahan	QLD	Girls School Team	All Hallows
Mitchell	Cooper	VIC	Boys School Team	Marcellin College
Liam	Fahey	VIC	Boys School Team	Marcellin College
Joe	Hardy	VIC	Boys School Team	Marcellin College
Harrison	Noske	VIC	Boys School Team	Marcellin College
James	O'Connell	VIC	Boys School Team	Marcellin College
Yohan	Philip	VIC	Boys School Team	Marcellin College
Philip	Coppock	QLD	Boys Selected Team Manager/Coach	Matthew Flinders Anglican
Judith	Elder	QLD	Girls School Team Coach	All Hallows
John	Meagher	VIC	Boys School Team Coach	Marcellin College
Helen	Roberts	QLD	Girls Selected Team Manager/Coach	Norris Road State School
Trevor	Wiseman	SA	Head of Delegation	Retired

APPENDIX 4 – ACKNOWLEDGEMENTS

Thanks to all our supporters – with your help, the tour to the ISF World Schools Cross-Country Championships in Malta was a fantastic success.

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APPENDIX 5 – FINANCIAL STATEMENT

APPENDIX 6 – CHAMPIONSHIP RESULTS

GIRLS SCHOOL TEAM

Placing	Last Name	First Name	School	State	Finish Time
15	Gabrielle	Forrest	All Hallows	QLD	12:42.0
23	Brianna	Pennels	All Hallows	QLD	13:03.0
27	Rory	McGahan	All Hallows	QLD	13:13.0
38	Sophie	Donatini	All Hallows	QLD	13:34.0
49	Holly	Nation	All Hallows	QLD	13:58.0
57	Jane	Andersen	All Hallows	QLD	14:15.0

Total Number of finishers – 117

Place	Country	School	City
1	China	Middle School Of Daxing District	Beijing
2	Turkey	Agri Kiz Meslek High School	Agri
3	France	Lycée F. Couperin	Fontainebleau
4	New Zealand	Rang Ruru Girls School	Menvale
5	Spain	Colegio Base de Alcobendas	Alcobendas
6	Australia	All Hallows' School	Fortitude Valley
7	GB/England	James Allen's School	Dulwich
8	Algeria	CEM Mohammed Moktari	Tacheta
9	Hungary	Egyetem Bolyai Janos Gim	Bolyai
10	Austria	Borg Linz	Linz
11	Czech Republic	Gym. Vincence Makovskeho	Nove Mesto
12	Malta	MCAST	Paola
13	Netherlands	Stedelijk Gymnasium	Nijmegen
14	Portugal	E.S.Dr. Augusto Cesar S.F.	Rio Maior
15	Belgium / Germ.	Bischofliche Schule	Sankt Vith
16	Belgium / Flanders	Don Bosco College	Hechtel-Eksel
17	Luxembourg	Sport Lycee	Luxembourg
18	Belgium / French	Athenée Royal de Jambes	Jambes
19	Latvia	Jekabpils Secondry S.	Jekabpils
20	Israël	Kiriat Sharet Campus	Holon
21	Croatia	Gimnazija Velika Gorica	Velika Gorica

BOYS SCHOOL TEAM

Placing	Last Name	First Name	School	State	Finish Time
6	Hardy	Joe	Marcellin College	VIC	17:06.0
21	Fahey	Liam	Marcellin College	VIC	17:58.0
22	Noske	Harrison	Marcellin College	VIC	18:01.0
33	Philip	Yohan	Marcellin College	VIC	18:19.0
39	Cooper	Mitchell	Marcellin College	VIC	18:31.0
56	O'Connell	James	Marcellin College	VIC	19:05.0

Total Number of finishers – 117

Place	Country	School	City
1	Turkey	Agri Naci Gokce High School	Agri
2	Algeria	CEM Djillali Faressi Ouled-Fares	Chlef
3	Australia	Marcellin College	Bulleen

4	GB/England	St.Albans School	St. Alban
5	Luxembourg	Sport Lycee	Luxembourg
6	France	Lycée Jean Mermoz	Montpellier
7	Austria	Borg Linz	Linz
8	Belgium / Flanders	Don Bosco College	Zwijnaarde
9	Portugal	E.S. Santa Maria	Sintra
10	Spain	Les Joaquin Sama De S.Vincente	Alcantara
11	New Zealand	New Plymouth High School	New Plymouth
12	Ireland	Douglas Community School	Cork
13	Hungary	Eotvos Jozsef Gimnazium	Tata
14	Czech Republic	Gym. Vincence Makovskeho	Nove Mesto
15	Israël	Zvulon Hamer	Bat-Yam
16	Netherlands	Montessori College	Nijmegen
17	Belgium / Germ.	Bischofliche Schule	Sankt Vith
18	Latvia	Jekabpils Secondry Sch.	Jekabpils
19	Cyprus	Laniteio Lyceum B	Lemesos
20	Malta	St. Aloysius College	Birkirkara
21	Belgium / French	Athénée Royal de Jambes	Jambes
OC	Croatia	Srednja Strukovna Sk. Velika	Veika Gorica

GIRLS SELECTED TEAM

Placing	Last Name	First Name	School	State	Finish Time
9	Thacker	Kelly	Elanora High	QLD	11:53.0
13	Powell	Courtney	Ruyton Girls	VIC	11:56.0
15	Young	Lucinda	Brisbane State High	QLD	12:03.0
16	Scott	Courtney	Ballaraat Clarendon	VIC	12:07.0
18	Archer	Natalie	Canberra Girls Grammar	ACT	12:11.0
31	Matulis	Rebekah	AB Patterson	QLD	12:34.0

Total Number of finishers – 55

Team Positions

Place	Country	Ranking
1	ENGLAND	18
2	AUSTRALIA	53
3	SPAIN	62
4	ALGERIA	75
5	TURKEY	86
6	NEW ZEALAND	90
7	PR CHINA	98
8	BELGIUM FLANDERS	151
9	ISRAEL	184
10	LATVIA	192

BOYS SELECTED TEAM

Placing	Last Name	First Name	School	State	Finish Time
1	Birtwhistle	Jacon	Riverside High	TAS	16:14.0
2	Davies	Jack	Ballarat High	VIC	16:29.0
3	Miller	Chartt	Ocean Reef Senior	WA	16:31.0
10	Percy	Luke	Ringwood Secondary	VIC	16:41.0
17	James	Bini	Cairns High	QLD	16:51.0
18	Coleman	Daniel	AB Patterson	QLD	16:53.0

Total Number of finishers – 61

Team Positions

Place	Country	Ranking
1	AUSTRALIA	16
2	NEW ZEALAND	50
3	SPAIN	59
4	ENGLAND	62
5	TURKEY	76
6	ALGERIA	79
7	ISRAEL	129
8	BELGIUM FLANDERS	171
9	LATVIA	186
10	BELGIUM FRENCH	228
	CYPRUS	DNF