

# **Northern Inter Counties Schools' Cross Country 2016**



**Preston Park**

**Yarm Road**

**Eaglescliffe**

**Stockton**

**TS18 3RH**

**Saturday 6<sup>th</sup> February 2016**

# PARTICIPATING COUNTIES

CLEVELAND (1-20)



CUMBRIA (21-40)



DURHAM (41-60)



NORTHUMBERLAND (61-80)



NORTH YORKSHIRE (81-100)



## **WELCOME MESSAGE**

Cleveland would like to welcome all counties to the 2016 Inter County Cross Country Championships.

Cleveland would like to wish all competitors good luck in their quest to represent their county at the English Schools Cross Country Championships.

Thank you to all team managers and those involved in the preparation and planning of the event.

We hope that you enjoy the competition and we look forward to seeing some outstanding performances from the athletes.

## **PARKING**

Space for 8 coaches (immediately upon entry to the park)  
2 spaces have been allocated per county, additional coaches will have to park in the industrial estate (5 mins drive away and be called to collect athletes when needed). Please confirm if all coaches are staying or will counties be sending 1 away after the start of the event.

All parents, visitors to the cross country must park in the over flow car park (clear signs will be visible on the day)

Due to a wedding occurring, parking will be very limited in main car park.

The overflow car park has 250 spaces.

## **TOILETS**

Situated near county team camps

## **LITTER**

Please ensure all litter is placed in bins and plastic bags.

## **COUNTY CAMPS**

These are located behind the start/finish (near toilets). Park benches and tables are available to help organise kit/numbers etc. Please use this area to house athletes when not competing due to location of car park and start/finish area.

**THERE IS NO INDOOR FACILITIES FOR ATHLETES.**

## **CAFE**

A café is on site and they have been notified of the event. They sell hot and cold drinks and a wide selection of food to choice from, chips, sandwiches, pies, etc. It is a small café, be made aware that if demand is high expect queues to occur.

## **COURSE INFORMATION**

The conditions underfoot at present is poor, long spikes will be recommended. Due to high levels of rain the course is very wet at the moment. Due to the location of the event lots of deliberating has taken place about the distance of the lap and distance for each age group. We feel that proposed course details are the best for this event at this time (see document attached - Course Information). The conditions underfoot will become more challenging as the event progresses therefore providing additional challenge for athletes running similar distances as lower age groups.

Due to the size of the course, lapping may occur, strong Marshalls will be placed in key areas to reduce any risk of confusion from athletes, and therefore it's essential that all athletes are aware of what is expected on the day. We will endeavour to ensure safety as a priority on the day with regards to turns and running lines.

A course inspection will take place on the morning at 8am to ensure event is safe to run.

## **MAP**

See attached map on email

## **RACE ORDER AND DISTANCES**

**Minor Girls – 2400m**

**Minor Boys – 2400m**

**Junior Girls – 3000m**

**Junior Boys – 3700m**

**Inter Girls – 3700m**

**Inter Boys – 5100m**

**Senior Girls – 3700m**

**Senior Boys – 5800m**

## **RACE NUMBERS**

**1-20 Cleveland**

**21-40 – Cumbria**

**41-60 – Durham**

**61-80 – Northumberland**

**81-100 – North Yorkshire**

## **WINNERS CERTIFICATES**

A presentation will take place immediately after each race. The first 3 runners will receive a certificate.

## **OFFICIALS**

A huge thank you to all officials attending the event, this event would not be possible without their support.

Please show appreciation were possible on the day.

## **MEDICAL**

Medics UK have been brought in to provide cover on the day.

Radios will be located with Marshals around the course along with mobile phone numbers for key individuals on the day. If we could have team manager's mobile phone numbers in advance that would be great.



# **EMERGENCY CONTACT DETAILS**

## **Cleveland**

Darren Bunn – 07828437491

Matty Bayston – 0786683868

## **Cumbria**

## **Durham**

## **Northumberland**

## **North Yorkshire**

**GOOD LUCK TO ALL COUNTIES**