



**Competitor Notes: Northern Athletics Cross Country relays; Graves Park 22nd October 2022.**

**Please note that the parking site at Meadowhead School will open at 9am and be closed at 5pm. Please ensure that cars are moved before that time**

Entries & Declarations

All entries are online via the Sportsoft web site portal. [www.race-results.co.uk](http://www.race-results.co.uk).  
**Closing Date was the 15<sup>th</sup> October.**

Declarations can be made online via the email links sent to team managers.

Numbers and forms can be collected from registration, which will be based in the Graves Park pavilion.

Races

The timetable once again has the U17 races taking place first. The main reason for this is to enable U11 athletes to watch the handovers of the U17 events so they can understand how it works. Many U11s have not done relays before, and may not have competed at all before, so the aim is to let them see what should happen prior to their event.

Time	Event	Stages	Distance
11.00 am	Under 17 Women	3	2300m
11.05 am	Under 17 Men	3	2300m
11.35 am	Under 11 Girls	3	1500m
11.40 am	Under 11 Boys	3	1500m
12.05 pm	Under 13 Girls	3	1800m
12.10 pm	Under 13 Boys	3	1800m
12.40 pm	Under 15 Girls	3	2000m
12.45 pm	Under 15 Boys	3	2000m
13.10 pm	Junior/Senior Women	3	2 miles
14.05 pm	Junior/Senior Men 'The Cutlers Relay'	4	2 miles

This year the event is again using traditional time keeping and recording.

All runners are asked to clearly display numbers on the front of their club vests, and not obscure, fold or cut them.



## Changeover

The difficulties with changeover, experienced prior to 2012, have been reduced and improved; with a revised timetable, changeover layout and these notes explaining the handover process and responsibilities being introduced.

An announcer will relay the team number of incoming runners as they approach the finish area, and there will be a loudspeaker in the holding pens. Male and female runners will be held in separate pens. Outgoing runners are responsible as follows:-

All outgoing runners should report to the holding pen entrance when the PA announcer declares that they are required to do so, OR when their previous leg runner starts.

Once in the holding pen, the outgoing runner is responsible to listen out for their team number to be announced as the incoming runner approaches, and also to watch out for their incoming runner. Once they hear the number announced or see the runner approaching, they should immediately make their way to the holding pen exit, where the stewards will release the outgoing runner to the start line. Another steward will then release the outgoing runner, when the incoming runner crosses the finish line.

Parents and coaches can help by ensuring that athletes listen for their team number to be announced & watch out for their incoming runner. Please do not start shouting at or diverting the changeover officials since this can confuse / divert the officials and disrupt the effectiveness of the changeover.

I hope you all enjoy the event, and good luck to all athletes and teams.

Steve Gaines  
Northern Athletics



**We are fortunate to have again secured parking at Meadowhead school, postcode S8 8BR, just across Dyche Lane from the retail site. This is the only designated competitor parking available for the event. There will be a charge levied, of £5 per car, by the school.**

**Please note anyone who has a dog in their vehicle, should drop the dog off with a minder, as dogs are not allowed in the school grounds.**

On street parking is very difficult around the park, and there are additional “No Parking” cones put out on the residential streets surrounding the park. These mean that on street parking is not permitted where the cones are placed. Contravening this has resulted in fines being levied on anyone breaching the restrictions at past events.

The park has some small parking areas but these are heavily used by park visitors. The retail park has a 3 hours maximum parking period, and is also very busy.

#### **From Sheffield City Centre (and the north)**

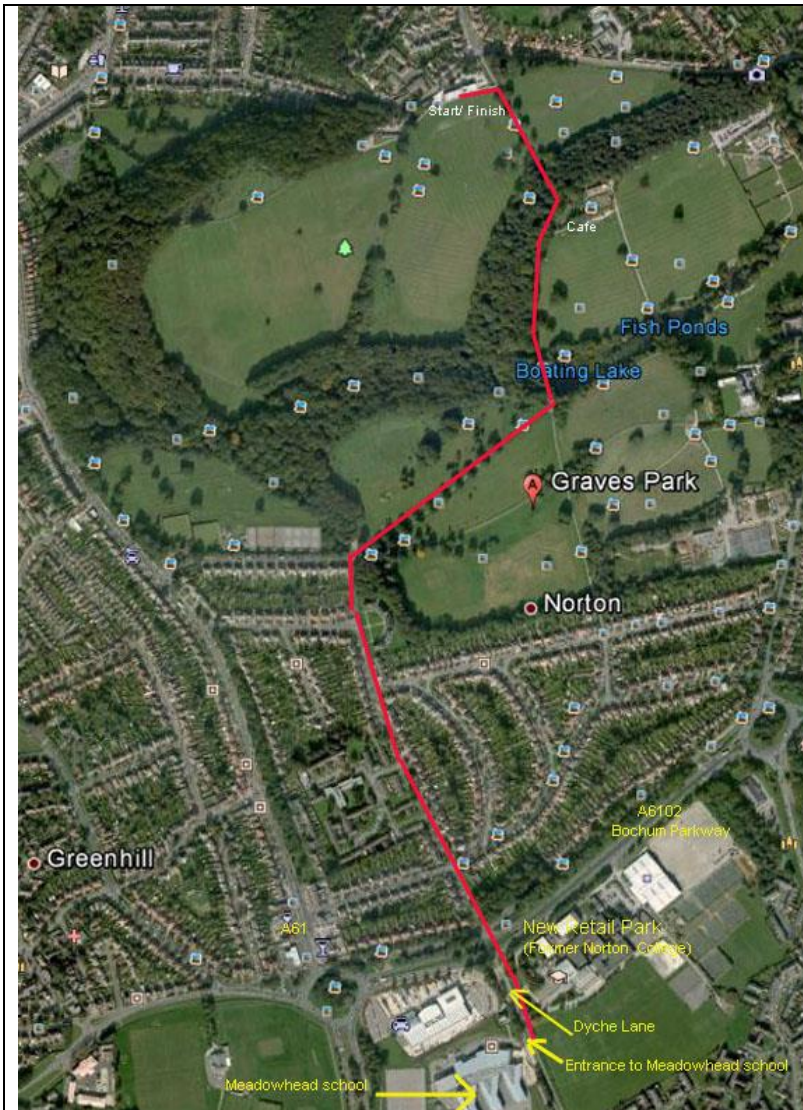
Follow the A61 towards Chesterfield. After passing under the railway bridge at Heeley Bottom continue for around 3 miles through Woodseats before passing Morrisons on the left and continuing to the A61/A6102 (Meadowhead) roundabout. Take 1st left and at the next roundabout take 4th exit returning on the other side of the dual carriageway. Turn left into Dyche Lane, and the entrance to Meadowhead school is on the right hand side, about 100m from the junction

#### **From Chesterfield (and the south)**

Follow the A61 towards Sheffield, when you reach the A61/A6102 (Meadowhead) roundabout take the third exit on the A6102 ring road and at the next roundabout take 4th exit returning on the other side of the dual carriageway. Turn left into Dyche Lane, (Immediately after the retail park on your left) and the entrance to Meadowhead school is on the right hand side, about 100m from the junction

#### **From the M1**

Leave M1 at junction 33 taking the 3rd exit A630 to Sheffield City Centre. Continue for 3 miles before leaving to follow Ring Road southbound, A6102 signposted Chesterfield and Bakewell. Continue for 5¼ miles following signs for Ring Road, Chesterfield (A61) Turn left into Dyche Lane, (Immediately after the retail park on your left) and the entrance to Meadowhead school is on the right hand side, about 100m from the junction



When you enter the site, you should be directed to a parking area by parking stewards. The £5 parking fee will be requested near the site entrance. Please ensure that you have the correct payment as issuing change will slow down the access into the school.

There are two parking areas; to the rhs of the entrance road there are marked parking bays, and there is a large overflow car park behind the school. Please park where directed, as there are other user allocations.

You need to walk out onto, and cross Dyche Lane – there is a footpath to the junction with the A6102. Cross the A6102 via the pelican crossing near the Dyche Lane junction and proceed straight ahead along Little Norton lane.

**The pedestrian route should be marked with black arrows on yellow background.**

Follow Little Norton Lane until the road turns 90 degrees left, then follow the walkway to emerge at the park entrance.

Turn right through the park gates and follow the path to come out at the lake. Turn left, with the Lake on your right, and follow the path straight on. This climbs slightly towards the Rose Garden Café. Follow the path through the wood and descend towards the start / finish area.

Registration is in the marquee near the start / finish area.

To walk from the A6102 takes about 20 mins.  
Allow 30 mins from parking

**The detailed layout below shows the way into the site, and the areas available for parking (lined in red). Stewards should be in attendance to guide you towards the areas. The overflow area is accessed by continuing along the access road and passing through a gate into the overflow area.**

**Please drive slowly through the site as pedestrians use the roads, and follow the stewards instructions. Please exit via the exit shown onto Dyche Lane**



