15 January 2024

## Northern Athletics <br> Cross Country Championships 2024 <br> 27th January, East Park <br> Sedgefield <br> TS21 2HW (Racecourse Parking)

Dear All,
Many thanks for entering the 2024 Northern Cross Country Championships.
Parking for this event is at Sedgefield Racecourse and is free of charge.
what3words app: ///flopping.warns.famed (Racecourse Parking)
Postcode for SatNav: TS21 2HW (Racecourse Parking)
Please do not park or stop to drop-off athletes on any of the approach roads or roads around the event site or Racecourse. The generous provision of free parking is on the condition that all event attendees use the Racecourse and do not cause any obstruction or issues to the traffic flow in or around Sedgefield.

Those carrying club tents may request a drop-off permit via the following form:
https://forms.gle/SmBMTqc3zWDSQ6ts9
Bus and mini-bus permits are also to be applied for by the above form.

## ALL PERMITS MUST BE APPLIED FOR BY MONDAY JANUARY 22ND

Collection of team numbers from the registration desk located inside the cricket club is via team manager only. Team managers will be asked to sign for their club's numbers and leave a mobile phone number. Registration will be open from 9am.

Please ensure that your club takes all rubbish with them and leaves the site as tidy as they found it.

Event details will be kept up to date on the Northern Athletics website:
www.northernathletics.co.uk/events/northern-cross-country-championships-2024/

Yours faithfully

## Northern Athletics

Overview of parking and arrival:

Sedgefield Racecourse: Postcode TS21 2HW
All parking is at vehicle owners risk. A tractor will be available, if ground conditions or weather are wet/bad. There is no charge for Parking. Please follow stewards directions and park where directed

Parking Key Disabled. 1 Coaches / Mini buses 2
General car parking (Hardstanding); 3, 4, 5 .
Grass parking 6,
Grass access and parking $8,9,10,11$
Toilets 12 Acess and Egress points $X$
Northern Athletics are grateful to Sedgefield Racecourse for the use of the site. Please ensure you take all litter home or place in


Northern Athletics 2024 XC Site Layout
Competitor \& Spectator Parking is at Sedgefield Racecourse. The pedestrian route is marked It is 900 m to the start area No parking/stopping cones are in place where the orange where the orange lines are on the road Locationkey

1. TentDropOff/
2. ClubtentArea

3 Toilets
4 StartFitness
5 Refreshments
6 PA/commentary
7 Registration/ Event Control
8 PresentationMarquee
9 FirstAidtent
10 FRsystems.
11 OfficialsParking
12 Emergency Muster point


Northern Athletics 2024 Cross Country Championships Race laps: Small: Start - A - B - F - G

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\text { Medium: Start - A - B - C }-\mathrm{E}-\mathrm{F}-\mathrm{G}
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\text { Long: Start }-\mathrm{A}-\mathrm{B}-\mathrm{C}-\mathrm{D}-\mathrm{E}-\mathrm{F}-\mathrm{G}
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G - A through lap for multi lap races


Northern Athletics 2024 Cross Country Championships 27th Jan
11:00 U17 Women, One small lap and one medium lap 4.7 Km 11:25 Junior Women Two medium laps 5.7 Km
11:55 U13 Girls One medium lap 2.9 Km
12:10 U17 Men Two medium laps 5.7 Km
12.40 U13 Boys One medium lap 2.9 Km 12:55 U15 Girls Two small laps 3.8 Km 13:20 U15 Boys Two small laps 3.8 Km 13:40 Junior Men Two long laps 8.1 Km 14:10 Senior Women Two long laps 8.1 Km 15:00 Senior men Three long laps 12.1 Km

Timetable:

| CHAMPIONSHIP EVENTS - All dit |  |  |
| :--- | :--- | :--- |
| 11.00 | U17 Women | 4.7 K |
| $\mathbf{1 1 . 2 5}$ | Junior Women | 5.7 K |
| $\mathbf{1 1 . 5 5}$ | Under 13 Girls | 2.9 K |
| $\mathbf{1 2 . 1 0}$ | Under 17 Men | 5.7 K |
| $\mathbf{1 2 . 4 0}$ | Under 13 Boys | 2.9 K |
| $\mathbf{1 2 . 5 5}$ | Under 15 Girls | 3.8 K |
| $\mathbf{1 3 . 2 0}$ | Under 15 Boys | 3.8 K |
| $\mathbf{1 3 . 4 0}$ | Junior Men | 8.1 K |
| $\mathbf{1 4 . 1 0}$ | Senior Women | 8.1 K |
| $\mathbf{1 5 . 0 0}$ | Senior Men | 12.1 K |

