



15 March 2024

**Northern Athletics
Men's 12 Stage, Ladies 6 Stage &
Young Athletes 5K Championships 2024
Saturday March 23rd,
Wythenshawe Park, M23 0AB**

UKA Rules, Permit No. 2024-47953

Supported by Sale Harriers Manchester

Thank you for your entry to the above event.

- Travel to the event
 - By Road : Leave M60 at Junction 5, or M56 Junction 3 (onto Princess Parkway).
 - By bus: Bus 101 from Princess Parkway (heading from City Centre).
 - Bus 179 along Altrincham Road A560 (from Stockport direction).
 - Bus 370 from Didsbury along Wythenshawe Road B5167, or from Altrincham Interchange along Wythenshawe Road.
 - Bus stops are located nearby on Princess Parkway, Wythenshawe Road and Altrincham Road.
 - By train: Two Metro tram stations are less than half a mile away at the Moor Road and Wythenshawe Road junction by the Farmers Arms. Another is located further along Moor Road, close to the course walking access via Bideford Drive, then 500m via a new path to the track.

- Parking for cars and coaches can be found on the public roads surrounding Wythenshawe Park – there is no event carpark.
 - It is recommended to park on roads off Moor Road Opposite the Tram Station for example Bideford Drive, Longfield Rd and other roads adjacent. There is plenty of roadside parking here and further around Bideford Drive by the big skyscraper flats. Bideford Drive borders on to the sports fields. There are two footbridges to cross the stream, one opposite Lulworth Gdns and straight onto the field, the other bridge is on the bend of Bideford Drive and onto the brand new trail path.
 - Another option is on the adjacent roads to the track, off Wythenshawe Road, Orton Rd, Northolt Rd, Sledmoor Rd, Moorcroft Rd, Rackhouse Rd, Cherry Tree Rd etc etc.

- Mini-Bus passes for the park carpark can be applied for via the following link until 6pm on Wednesday:
<https://forms.gle/chFeNVjZg5yXKGp26>

- Venue Facilities:
 - Toilets: Male toilets, and changing are in the old quadrant building in the car park. Female toilets and changing rooms are in the track area building. Portaloo's will be in the stadium near the top end of the track.
 - Registration is in a cabin at the track side.
 - Club Tent Area is on the grass surrounding the track.
 - Presentation is adjacent to the start / finish area.

- The Course :
 - Start / finish / change over Area: is on the home straight of the track.
 - The Course : Road relays, Start and finish with one lap of the track.
 - Short Stages 4.5k 1 Lap, Long Stages 8k 2 Laps (Don't enter track after first lap)
 - Young Athletes 5K Races, one lap of the track to start and two laps to finish, plus a short loop around the bowling greens.

- Team declarations and changes can ONLY be completed on-line by team managers up to 11.00 on the day of the race via the personalised link which will be sent to team managers on the Wednesday prior to the race.

- Registration for number collection will be open from 10:00.

- Please also ensure that your team manager has given registration officials their name, an email contact address and a mobile phone number for your club.

- THERE WILL BE NO FACILITIES FOR TEAM DECLARATIONS OR TEAM CHANGES AT REGISTRATION.

- Please ensure that the correct stage numbers are distributed to each athlete.

- Club vests of same colour and design must be worn.

- AS CHIP TIMING IS BEING USED FOR THIS EVENT, PLEASE ENSURE ATHLETES DO NOT OBSCURE THEIR NUMBER WHEN CROSSING THE LINE, E.G WHEN TRYING TO STOP THEIR WATCH.

- The first 25 'A' Team finishers plus any 'B' teams finishing before the 25th A team, will be eligible to compete in the 2024 ERRA Championships but no more than TWO Teams from the same Club Entry forms for ERRA Championships will be e mailed to successful clubs.

- Event information can also be found via the following link:
www.northernathletics.co.uk/events/northern-12-6-stage-relay-and-young-athletes-5k-championships/

Timetable

Race	Time	Distance	Course
U15 Boys	11:00	5K	1 Lap
U15 Girls	11:05	5K	1 Lap
U17 Men	11:25	5K	1 Lap
U17 Women	11:30	5K	1 Lap
Senior Men	12:00	4.5K approx 8.0K approx	1 Lap 2 Laps (Don't enter track after first lap)
Senior Women	12.15	4.5K approx 8.0K approx	1 Lap 2 Laps (Don't enter track after first lap)



Presentations

U15 Boys & Girls 11:50
U17 Men & Women 12:05
Women Approx. 15:00
Men Approx. 16:15

Many thanks to Dave Rodgers and all at Sale Harriers for hosting this event.